MEDICAMENTS
FOR THE
POOR
OR
PHYSICK
For the Common People.

In Two BOOKS,

I. Containing excellent Remedies for most Common Diseases, incident to Mans Body; made of such things as are common to be had in almost every Countrey in the World; and are made with little Art, and small Charge.

First written in Latin by that famous and learned Doctor, John Prevotius, *Philosopher and publick Professor of Physick in* Padua.

Translated into English, with additions.

SECONDLY,

HEALTH
FOR THE
RICH and POOR,
BY
DIET, without PHYSICK.

By Nich. Culpeper, *Student in Physick and Astrology.*

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TO THE
READER.

ALL those who were famous in the Art of Physick, and by taking care of the health of Man gained to themselves great Honour, may be supposed to have laid the first foundation of all their glory in the Cottages of poor Men. For two things chiefly commend a Physitian; Skill to cure the sick, and great Charity to the Poor, without which there can hardly be so much sense of anothers misery that can invite one carefully to lend his utmost help. These two are so united, that a Physitian can hardly be approved amongst Rich Men and Princes, unless he hath shewed himself to be such a one by his frequent Practice amongst the Poor: For they that abound with all those things, the want whereof makes life to others not so desirable, will suspect the skill of such as begin but now to Practice; and who have not been eminent by many Experiments, and famous Cures, that are divulged by the Testimony of the common People. And the Physitian alone shall not easily perswade great Men, to whom he may be called, that he hath seriously taken care for the Disease, but rather for his own gain and profit, who hath not sometimes done his best endea-

vours to help poor distressed Men, and by such a Custom, learned to deal gently with those that are sick. And this is the Cause, that those who begin to study Physick, and by the profession of it, seek for renown and much profit, must in the first place make it their greatest care, that when by study they have learned the precepts of Physick, they may know how to apply it to Men of mean fortunes that are Sick; and from thence they may happily begin their first Practice. In which business, a small estate is no little hinderance to the endeavours of the Physitian, when oftentimes not only fit Nourishments cannot be afforded to sustain the strength of Nature, but also fit Remedies for the Cure; much dear and costly Physick fetched out of the Apothecaries Shops, would undo the Poor, and so make a new addition of more misery to the former. Nature is liberal to provide for the necessities of the Poor, and hath sent forth many matters for Medicaments, that may be found almost every where, and with little Art may be prepared for every use. In which a Physitian ought to be as well skilled, as he should be in the Medicaments that are for the Rich, as *Galen* writes, *6. de Comp. Medicam. per Loca.* Cap. 1. Especially since those obvious Remedies are not only profitable for the Poor; but as necessary for the Rich, when they are upon a Journey, if perchance they should fall sick, when they are far from Cities, and Apothecaries Shops. This Treatise therefore shall be concerning such Remedies as are easie to be procured.

cured. Thus far I have followed in this Epistle the Expressions of the famous and learned Doctor, *John Prevotius*.

My intent in publishing Books of Physick in English is not to make fools Physitians; but to help those that are Ingenious, Rational and Industrious, though they have not that knowledge of Tongues that were to be desired. I have and shall in my Books of Physick follow the most honest and learned in that Art; but let me warn thee now (as I have often before) That there is great danger in Physick if the Doses be not rightly prepared and given in their due quantities. And always remember, thou shalt give an account to God for all thy actions done in the flesh; therefore when thou hast to do in what concerns the lives of Men, do nothing but what thou wouldest do, if thou wert sure the great and dreadful day of Judgement were to begin the next hour.

I shall say no more but this; I am resolved not to give over, until I have published in English whatsoever shall be necessary to make an Industrious, Diligent, Rational Man a knowing Physitian. This is the aim and endeavour of

NICH. CULPEPER.

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Mr. CUL-

Mr. CULPEPER'S PHYSICK FOR THE POOR OR Common People.

The Beginning.

IN setting down of Physicks that can easily be prepared, the best way is to distribute such Remedies as are found out, into such a Method, that every one may know readily how to bring forth the Matter which he must chuse, to begin, or to go forward with, in the cure of a disease; since therefore the remedy, which hath its indication from the cause of the disease, is found out last, but must be put first in execution; and before all things, the cause must be taken away, that so the disease may be overcome. 7. *Meth.* Chap. 12. Those Medicaments that are contrary to the causes of diseases, do deservedly challenge the first place, and they are many, as the causes are many: For some of them do impair, or weaken; and evacuate the Matter that offends; some again increase that which is wanting; and others do correct the ill quality of it; some do hinder disorderly motion; or else recall rest that is faulty, to its natural station; others do

root out the causes that are Peccant, by their whole kind (as they say) against Nature and Substance.

We shall begin with such as evacuate, and the rather, because that poor people by reason of ill diet, abound with more Excrements, than the rich do; and do usually fall into diseases from ill humors, rather than from Plethory.

Physicks that evacuate are divers, for some do sensibly evacuate the Matter by the Belly, by Vomit, by Urine, by Sweat, by Spittle, by the Palate, by the Nostrils. Others do digest insensibly, and turn it into Vapors, and these take place in the Cure only after sensible evacuations.

Physicks that purge the Belly.

Some of these respect only the impurity of the first passages, nor do they extend their forces beyond the neighbour region of the Mesentery, and these are called Lenitives; others do purge the second and third Region of the Body, and are called Cathartick and Purgatives.

The Belly is loosned by Physicks taken at the Mouth, or cast in by Clysters, or else by Suppositories.

Those that are taken at the Mouth, are of two sorts: For some of them do strongly purge the Belly, and bring forth the Excrements; others work more weakly, which are principally to be used, to keep the Belly loose that the Natural Excrements of the first Concoction may not too long be retained.

Strong Purgers in a Cholerick Cause.

Whey Clarified and so drank from three pound, to eight pound, within one hours space: But it will be more effectual, if in the first Cup you dissolve one dram of common Salt.

Un-hul'd Barley Water, drank within the time of half an hour, from two pound, to six pounds, especially if it be boyld with Raisins and Prunes.

The fresh Juyce of the purple Violet, from one ounce to two ounces: with one cup of Barley or fountain Water.

The Juyce of Damask Roses, drank the same way.

The Juyce of the Garden Gourd, gently boyled with a fourth part of Honey, and a little common Salt, drank from three ounces to five ounces.

All these must be corrected by steeping of Wormwood in them, if a weak stomack chance to abound with Choler.

The Juyce of Succory clarified, from three ounces to five or six ounces.

Com-

Common Oyl that is made of ripe Olives, boyld with thrice as much Fountain Water till the moysture be consumed, drank alone, from four ounces to six ounces, especially in the pain of the Heart.

The fresh Flowers of the Cherry Tree or the Peach Tree, one small handful, eaten in a Sallet.

Musk Roses, in number, four; eaten in a Sallet, especially if they be yet moyst with Dew.

Twelve sweet Prunes gently boyld in Honey Water.

You may also prepare from Prunes, a * Rob, like to Sapa, of small Charge, and very pleasant, such as here followeth.

Take sweet Prunes, one pound, sweet Cods sliced three ounces, Fountain Water or sweetish white Wine three pound, boyl them at a gentle fire, till the Matter grow thick, then strain it through a Hair Sieve, and then boyl it again, to the consistence of a *Sapa*, of which, for a Sufficient Purge, give one ounce and half, either by it self, or with a small Cup of Water or Broth; you may boyl it thicker, like an Electuary, for such as will take it only in a *Bolus*, but you must add a fourth part of Honey, that it may last some time uncorrupted, and you may give one ounce of it, or one ounce and half.

* What *Rob* and *Sapa* is, and how to make several sorts thereof, and the several uses of them, you may easily learn in my last Edition of the *London Dispensatory* in English.

Purgers in a Flegmatick Cause.

Take red Sugar one ounce, in the broth of a Pullet, or Water of Coriander.

Also take fine Sugar, from one ounce and half to two ounces the same way.

Good Metheglin not boyled, taken from eight ounces to about one pound. But the windiness of it must be corrected with seeds of Annis, Fennel or Coriander.

Sweet Wine with the third part of raw Honey from four ounces to nine ounces, adding also the sweet Seeds, that it may not stretch out the Belly.

The decoction of Fenugreek with a fourth part of Honey, or else alone with Salt, from four ounces to six ounces.

The Herb Mercury, eaten like Pot-herbs, seasoned with Salt and Oyl.

So also is the Decoction of it good from four to six ounces, adding Salt to it.

The pouder of both Hysops, from two drams, to four drams, with Oxymel, or about one measure of the Decoction of it given alone, or else with Oxymel.

The Pouder of crude Tartar from half a dram to two drams drank in Cock-Broth, or Honey and Water, or in the Decoction of Hyſop or Poley.

Roſin of the Larch Tree unwaſhed from three drams to five, for thoſe that are in years; but give children about one dram in a Bolus or Pilli.

For this end may be provided a laxative Oxymel that is very effectual.

Take eared or female Mercury two handfuls, common Wormwood one handful, Honey one pound, Fountain Water three pound, let them boyl at a gentle fire to the conſiſtence of Honey, then add Hyſop and Poley of each one handful, the beſt Vineger half a pound, boyl them again to the conſiſtence of Oxymel, and then ſtrain them, the doſe is from three ounces to four ounces alone or in Broth.

Alſo there are Pills eaſie to get and of ſmall coſt, made of waſht Aloes, which may be given from one ſcruple to two drams or thereabouts. *And Garcias ab horto* writes, That if the leaves of Aloes are cut and boyled with a little Salt, the Decoction drank to about eight ounces will Looſen the Belly without any harm, four or five times.

Purgers in a Melancholy Cauſe.

Take the pouder of Fumitory dryed in the ſhade about three drams in Water and Honey. *Or*,

Take the freſh Juyce of the ſame Herb, from two ounces and an half, to four ounces, or thereabouts, in Clarified Whey or Broth of a Puller.

So the Decoction of one handful of it is good, eſpecially with Raiſins, and a little Salt.

Tartar uſed as was ſaid before.

The Cream of Tartar is given from one dram to three drams, in Broth, or ſome other Liquor.

Of Tartar, and a little of the Leaves of Senna of Alexandria, to ſtimulate it: a very effectual Pouder is made, and it is very pleaſant. It is thus made.

Take the beſt crude Tartar, one dram, or Cream of Tartar one dram & an half, leaves of Senna one ſcruple, ſeeds of Annis, or Fennel, or Cinnamon half a ſcruple, fine Sugar half a dram, mingle them and make a Pouder for one Doſe.

Medicaments that Soften the Belly.

We muſt uſe theſe remedies that do not Purge ſtrongly, rather to hinder the retention of the Excrements of the firſt Concoction, than for

for any other necessary and quick Evacuations; and such are these.

Things that Mollifie the Belly in a Cholerick Cause.

These following Herbs boyled as Pot-herbs, and their Decoctions are profitable, namely, Sorrel, Atriplex, Blites, Lettuce, all kind of Sorrel, Mallows and the stalks thereof, Spinach.

These Herbs soften more, if they be boyled with Raisins, in fat Broth, or seasoned with Oyl and a little Salt.

Sweet Cherries boyled, especially with their broth and sprinckled with Sugar.

Also Juyce of Cherries thickned with Honey, from one spoonful to two spoonfuls, either taken alone or with Broth.

Peaches boyled and sprinkled with Sugar.

Sweet Apples boyled.

Currance without stones, and all of that kind either taken alone or steeped in Clarified Whey till they swell, or boyled in White Wine or Broth, and sprinkled with Sugar, taken one ounce or two ounces at a time.

Sweet Prunes raw, their outward skin being pulled off, or boyled in Wine, and sprinkled with Sugar.

The Juyce of Ptisan, especially made of husked Barley.

Barley Bread.

Oyl of ripe Olives eaten largely at Meals.

The chief use of all these, as of those that follow, is at the first course or when the Stomach is empty, about two hours before Meat.

Medicaments that Loosen the Belly in a Flegmatick Cause.

The sprouts of Stone-Sparagus boyled & seasoned with Salt & Oyl.

Oat-meal in Meats or Gruel.

Colworts, chiefly those that are curled, being gently boyled, and seasoned with Oyl and Salt.

Also the first Broth of Colworts, well boyled and seasoned as before.

Likewise the Juyce of Colworts pressed out and drank in Broth, from two to four ounces.

Beets used in the same manner; the white Beet is held to be more effectual than the Black or Red.

The Leaves of Marigolds boyled, and seasoned with Oyl and Salt.

The first Broth of Chich Pease, or Lintels with Oyl and Salt.

The Broth of all Salt fish.

New Figs very ripe.

Dry Figs six or seven soaked in Milk or sweet Wine, until they swell.

Some also in the Spring time strew fresh Damask Rose Leaves on Figs, which Leaves they often change for the space of Fourteen days, and putting them, pressed close together, into a Vessel, they lay them up for their use; and use to Eat two or three of them before meat.

New Walnuts, or for the lack of them, dry Walnuts soaked in Water, until they be Soft, and then Eaten with Salt.

Branny Bread or that which is course, which is made more effectual with Raisins and Senna of Alexandria.

Bran alone Boyled in Broth.

The Decoction of Sweet Cods.

Medicaments that Soften the Belly in a Melancholy Cause.

Capers seasoned with Salt gently Boyled, are eaten in Sallets with Oyl and Vinegar.

The young sprouts of Hops, that first come forth, Boyld and seasoned with Oyl and Salt; they loosen more effectually, if you Drink the Broth after them.

All kind of new sweet Grapes, but especially whilst the Dew yet hangs on them; they are not so effectual, when they are hanged up to be kept. Sweet Wine drank.

Sawces made of the Juyce of Wine Sod, that is, new Wine Boyled a little.

To these may be referred Prunes and Raisins, especially in adust Melancholy.

Vinegar is made to season Sallets and to keep the Belly Soluble, after this fashion:

Take Crude Tartar one dram, or Cream Tartar half an ounce, Leaves of Senna three drams, good Cinnamon, or Annis Seed one dram, the sharpest Vinegar one pound, make infusion a natural day, and keep the Vinegar for use.

Also Vinegar of Currance in which Tartar hath been infused a whole night, is not uneffectual.

Lenitive Clysters.

Clysters are made presently at a very small rate, to purge the Belly; of one pound of Flesh Broth, Oyl of Olives or Line-Seed Oyl, and the Dregs of Sugar, of each three ounces; Common Salt one dram: mingle them.

It will be cheaper, and more cleansing, if a Clyster be made of natural Salt Sea-water, or Mineral Water, one pound, common Oyl three ounces: Or,

Take

Take the Decoction of Mercury, Mallows, Beets, and Bean, one pound; Juyce of Colworts, or Honey, or Juyce of Beets, two ounces; common Salt one dram: mingle them for a Clyster.

If there be need of any great Loosning, Augment the Quantity of the Oyl to four or six ounces; or omitting the Oyl, increase the quantity of the Decoction made with a great deal of Mallows, Marsh Mallows, Brank-ursin, & pressed out strongly.

If there be need of Cooling, the Leaves of blew Violets, Pellitory of the wall, and Barley must be added to the Decoction.

If the * *Expulsive faculty* be weak, you must double or treble the quantity of Salt.

* What this is, see my Translation of *Riverius* Practice of Physick, in the Physical Dictionary at the end of the aforesaid Book.

Loosning Suppositories.

Suppositories, made of one ounce of Honey, or the dross of Sugar Boyled hard, adding a little Salt to it; If the Expulsive faculty be sluggish, do mildly stir up the Belly to void out the Excrements.

Also the Roots of Radish or Beets, cut into form of Suppositories, and smeared with Oyl, or Butter, with or without Salt.

The same is done with the Stem of the Colwort.

Also a Fig turned the out side inward, and made like a Suppository, anointed with Oyl and Salt.

So Suppositories are made of Spanish Soap, or with Lard, or a Candle, anointed with Oyl or Butter.

Purgers by the Belly.

Those Medicaments that draw forth the excrements by the Belly, and are called Purgatives and Cathartick, though they hardly drive forth the Humors single, but mingled together, yet they take their name from the Excrement that they most effectually purge. For which reason they may be reduced to four ranks, according to the diversity of Humors that they purge forth: Namely, to Purgatives of Choler, Flegm, Melancholy, and Watery, or Bloody Excrements.

We may again divide all these severally, to distinguish them the better, into gentle Purgatives, which purge mildly without gripings, from the parts that are about the Liver: and into forcible Purgatives, which drive forth from the remote parts, and from the hollow Vein, not without some trouble: and Violent Purgatives or furious, which draw from the furthest parts, and if they be not well Corrected, they do their work most vehemently, and weaken the Patient. With this distinction it is an easie matter for any one to make choice of Purga-

lives, according to the different Scituation, and the part that is affected, and for the greater or lesser resistance of the Humor that must be purged, and for the strength or weakness of the Sick that must endure it.

When Choler Predominates, these Medicaments are convenient for a gentle Evacuation.

The Wood of *Amara dulcis* boyled, from one ounce to two ounces, with a quantity of Annis Seed or Fennel Seed.

The yellow Rind of the Black Alder-tree dried in the shade, and chiefly at the beginning of the Spring, taken to four scruples; it is corrected with some Aromatical Seed, and the Black Rind that is outmost; and therefore it is dryed, boyled, and bruised all together.

Monks-Rhubarb, or the Herb Patience of *Mathiolus*; the Pouder of the dryed Root is given from one dram, to one dram and an half in warm Broth, with five or six grains of Ginger or Hyssop.

Blew Violets dryed in the shade, are taken, from one dram to two drams; with the Broth of Chich-Pease, or Garden-Pease, boyled moderately.

The great Bind-weed of *Mathiolus*, boyled; from one handful to two handfuls. It is corrected with such things as bind the Stomach, chiefly with the Myrtle Berries, Rosemary, and wild Galanga.

These Purge Strongly.

The lesser Centaury, in a Decoction; from two drams to three drams, in eight ounces of Water, till half be consumed, adding Liquorice or Raysins to correct the bitterness; it is given in Pouder to one dram, or thereabouts, in the Decoction of Prunes or Raisins, chiefly in Barley Water.

Gratiola dryed, is administred in Pouder, to one dram; in Wine or Broth, altered with things that Corroborate the Stomach.

When it is green, it is Boyled, from one dram and an half to two drams; some of the Succories, especially being Boyled with it.

Petty Spurge, in Pouder about four scruples, drank in Honey-Water, with a little Vinegar.

These purge Violently.

Dogs Cole, the Juyce of it, whilst it is fresh, and the Herb first dried in the shade.

The

The same doth Scammony, but it is corrected with Quinces, or the Smoak of Brimstone, which is a new Invention, and it makes the Medicament gentle enough, and void of all taste; either of these being grossely poudered, is spread upon a brown Paper, and poudered Brimstone is cast upon the Coals underneath, so that the Paper over it may receive the smoak: so soon as the matter begins to melt, it is taken away and reserved for use, and so may Scammony be safely given from five grains to fifteen: but if it be prepared with Quinces: ten graines are sufficient; it may be given in some convenient Liquor, or made up in Pills or a Bolus.

Of these spoken of, divers purging Medicamentss may presently be provided; concerning which we must generally take notice, that the purgation will be made more gentle, if purgatives be mixed with Lenitives of the same kind, which must be understood proportionably, of all other purgatives, for Example.

A potion to purge Choller may presently be provided thus.

Take Raysins half an ounce, sweet Prunes eight, The Lesser Centaury two drams, Fennel seed half a dram, Barley or common water eight ounces, make a Decoction at a soft fire, till half be consumed, strain it, and give it to drink.

If you will have a Bolus.

Take the Roots of Patience in pouder one dram, of the flowers of Lesser Centaury, half a dram, the pulp of Raysins cleansed from their stones, or the * Rob of Prunes thickned, six drams: Ginger six grains: mingle them and make a Bolus.

If you meet with a Patient, whose Stomach abhors all Physick, then make purging prunes, or Currance, or Figs; if you steep the said fruit in some of these purging Decoctions, that purge Choller, so long that the fruit swel, and then six prunes or three or four Figs, or half an ounce of Currance unto one ounce, will be sufficient for a purge.

So you may provide these fruits to purge any other Humors, only changing the matter of the purgative Liquors, that they are soaked in, according to the matter of the disease, whether it be Blood, Melancholy or Flegm.

* what Rob is, & how to make it, you may easily learn if you Read the Translation of my London Dispensatory: under the Title Rob, you shall finde twelve several sorts of Rob, by which (with diligence and care) you may make any other sort of Rob.

These gently purge Flegm when it is predominant.

Agarick infused all night in Liquor, in which Ginger is first soaked, or Hysop or Time, or some other like hot and sharp Herb, and then it

is

* See the way of making Troches of any sort in my Translation of the London Dispensatory, of the last Edition,

is dryed, As they make Agarick in *Troches: it is given, beaten into pouder from half a dram to one dram, in pills, or a bolus, or drink of Oxymel: it is infused from four scruples to three drams: or thereabouts, especially, in Honey Water.

Asarum of *Mathiolus*, purgeth every part of it, but the Root most effectually, it is given in pouder, from one dram to two drams, with Oxymel, or Water and Honey.

The pulp of the seeds, of wild Saffron is given; from two drams to five drams or thereabout; the Emulsion of them, is given in sweet Wine, strong Wine, or Broth; it is corrected with such things as heat, and corroborate the Stomach, as Spike, wild Gallingal, Rosemary, &c.

The Juyce of the Berries of Buckthorn, or dying-thorn, wherewith the Book-binders do Colour the Coverings of their Books Yellow, is given in substance, from three drams to six drams: it is corrected with sweet Herbs, Seeds or Spices, especially with Ginger.

The thicker Rind of the Elm Poudered, is given from two drams, to half an ounce or thereabouts in Wine, or the Decoction of Hyssop.

Radix Cava, or the Root of Bulbus, Fumitory dryed in the shade, is given in substance poudered one dram, in some convenient Liquor.

Of the Buckthorn, there is made a pleasing Syrup two wayes, and to be kept for the Poor after this fashion.

Take the Juyce of the Berries of dying Buckthorn clarified two pound, clarified Honey two pound and an half, Boyl it at a soft fire, to the consistence of a Syrup, straind through a wide Linnen Cloth, afterwards whilst the strained Liquor is yet hot, cast in of the best Cinnamon in powder three drams: Ginger one dram and an half, mingle them and keep it for your use, Or.

Take of the said Juyce strained, and boyled by it self, til a fourth part be consumed, one pound: clarified Honey eight ounces: Boyl them together, to the consistence of a Syrup, when they are boyled, and taken from the fire, cast in two drams of good Cinnamon give either of these, from one ounce, to one ounce and an half, in Wine or broth of Flesh, or in the Decoction of Hyssop, or Poley, or time.

Strong Purgatives

Take the Root of Esula, the greater, or the less, which is commonly the more effectual. The Root is used, first steeped in Rose Vinegar, or Vinegar of Quinces, and then dried and kept for occasion. If these Vinegars be wanting, common Vinegar is altered, with some Stomachicall

Stomachical Astringent, as with Roses, Barberies, wild Pomgranate Flowers, or Quinces, the Tendrels of Vines, Flowers of the wild Vine, or Myrtle Berries; it is given in Pouder, from six grains to twenty grains; it is Infused, from one scruple to five scruples, or thereabout, in Wine, or Metheglin.

The Rind of the Root Esula of *Venice*, is of the same nature, prepared and given the same way.

Garden-Broom which they call Spanish Broom, the Leaves, and Seeds, are given in substance, from one dram, to two drams: in Infusion, or Decoction; from two drams to half an ounce. It is corrected with Aromatical Wine, or some Odoriferous stomachical Remedies.

All the parts of corner'd Broom do the same effects, exhibited the same way.

Common Hermodactils or Meadow Saffron of *Dioscorides*; the Roots of them digged up before they flower, and especially before the Leaves come forth, endure no Boyling or Infusion, the Pouder is given from two scruples to two drams in Pills, or a Bolus, or Lozenges; or alone in drink, in Wine or Broth. The force of it must be sharpned with some tart thing, as with Ginger, Hyssop, or Tyme; also it were good to add some Antidote to correct the Windiness of it; as, amongst common antidotaries, are Rue, Goats Rue, or wild Angelica Root, and the purgation will be the safer.

The Root of the yellow, wild Daffodil is given in substance, from two drams to half an ounce in Wine or Broth: it is Corrected with odoriferous Stomach-strengthners.

The dry Root of the black wild Vine of *Mathiolus*, is given in Decoction; from one dram and an half, to three drams. In substance poudred from half a dram to one dram and half, or thereabouts; it is Corrected with the Pills, or Seeds of Citrons, or Oranges, or with Spike.

These Purge Violently.

The young sprouts of Bryony, half a handful, boyled as Pot-herbs, and taken.

The Juyce of the young sprouts of the same, taken in Wine, or Broth, or the Decoction of Hyssop, Origanum, or Calamint, from one dram to two drams.

Little Cakes of Wormwood, fryed in Oyl, that is distilled from the sprouts of Bryony, do the same.

The Root of Bryony dried, and Boyled from one dram to three drams, or thereabout, or the substance from one scruple to one dram, or there-

thereabouts, may be taken in Wine, or Broth, being corrected with Wormwood, or something to strengthen the Stomach.

The pulp of the wild Gourd is steeped, from five to twenty grains, decocted from ten grains or thereabouts, to twenty four grains: it is Corrected with some Stomach-strengthner, and that, by the slipperiness of it, can make the Decoction sooner; as Mallows, Fenugreek, and Citron Seeds, tops of Wormwood, or Cinnamon.

To this belongs also strong Wine, as Wormwood-Wine, that for one night hath been wasted in a hollow wild Gourd.

The Gourd that is Pear-fashion, doth the same, but something weaker, and therefore the Dose is almost double.

Chamelæa, especially the Leaves of it, are Boyled from half a dram to one dram; in substance they are taken from ten grains to one scruple: it is Corrected with Wormwood, and Barley.

Thymelæa doth the same, the same way given.

Laureola the Male, which *Mathiolus* calls Chamædaphnæ, and the female, which he calls Daphnoides, do the same, but not so strongly; it is Boyled from one dram to three drams; but given in substance from fifteen grains to one scruple, or to two scruples; it is Corrected the same way.

All the Tithymals, except that with broad Leaves, which doth violently purge Watery humors, are given many wayes; the Milk of it is given from five to twelve grains; the small Branches and Leaves, are given in substance from half a dram to four scruples; the Rind of the Root is given in substance from one scruple to one dram; but Infused from four scruples to three drams or thereabout.

Of these sundry Remedies may be compounded, and be used presently, or be reserved for use: For Example,

A Drink.

Take prepared Agarick four scruples, infuse it in three ounces of the Decoction of Hyssop for ten hours, then strain it, and add Oxymel one ounce and an half, mingle it for a draught. Or,

Take the Roots of Esula prepared two drams, the Leaves of Laureola, being fresh one ounce, Leaves of Myrtle and Hyssop of each one handful, fragrant White Wine two pound and an half, clarified Honey one pound; Boyl all at a gentle fire, to a mean consistence: then add Annis Seed one dram, Coriander Seed prepared half a dram, Cinnamon one dram, Boyl them again to a Syrup, strain it, and keep it for use. The Dose is one ounce and an half to four ounces.

A most

A most pleasing Powder.

Take Hermodactyls cleansed from their outward skin, one dram, Tartar crude or prepared one scruple, Ginger six grains, fine Sugar half a dram; mingle them, and make a Powder to be given in Wine.

A Bolus.

[*What* Bolus *is, and the making them, you may see in my* English Dispensatory, *or the end of my* Practice of Physick, *in Folio.*]

Take Agarick prepared two scruples, Tartar half a dram, Cinnamon five grains, the pulp of Figs, or Raysins cleansed from their stones half an ounce; mingle these for a Bolus.

Pills.

Take Hermodactyls, and Agarick prepared of each one scruple and an half, Ginger six ounces; make a Powder, and with Honey or Oxymel, form it into Pills.

When Melancholy predominates, these will Purge gently.

Dodder Boyled, from six drams to one ounce and an half, for one Dose; and it is thus corrected with Wormwood:

Take herb Dodder, one ounce, tops of common Wormwood two pugils or two drams, common Water ten ounces; let all be Boyled to the consumption of half; add to them about the end, Seeds of Annis, or Fennel grosly bruised, half a dram; strain it for one draught: if you Boyl under half an ounce, it opens only, but purgeth not.

Epithymum of *Greece* (for there it grows naturally) may be used in substance, to half an ounce, in clarified Whey, or Milk or some such cooler, in the Decoction; from six drams to one ounce and an half; but it must be Boyled moderately. The slow purging quality it hath, is corrected with tart things, as Pepper or Ginger: In the place of it, Tyme may be used, which hath the same force, and must be so prepared: but in *Europe* the black Tyme is most commonly used. That which is white and grows in *Syria*, is more effectual; but it is better, in the Decoction of it, to use other Melancholy purgatives, than to use it alone, because it Purges slowly.

The Root of Polypody in substance, is given from one dram to four drams in Cock-broth, or Cream of Barley; it is Boyled from six drams to ten drams; it is corrected with such things as discuss Windiness, and such as are a little astringent for the Stomach, as Citron Seeds, or Orange Seeds, or Coriander Seeds, or Spike of *Italy*.

The

The great and small Leaves of Senna are used in substance; from one dram to two drams; they are infused from two drams to six; but they endure not Boyling: they are corrected with sweet Seeds, and other things that dispell Wind. By Infusion is made Senna-Wine, of which half a Cup may be given, observing the former proportion, for a just Purge: But if it be only to loosen the Belly, then every Dose of Wine must contain no more than one ounce of Senna infused but one night.

These Purge strongly.

Consiligo of *Malbiolus*, which *Tragus* thinks to be the black Hellebore, and *Dodoneus* thinks that it is Baphthalamus, hath the same vertue, but something weaker, as hath black Hellebore of the Apothecaries, and it must be prepared the same way.

Female Sanicle of *Fuchsius*, the Root of it is of the same force, and needs the same preparation.

These Purge violently.

Purgative Antimony; and it is made so by being thrice calcined with the double weight of Salt Petre, at a fire not too violent, and stirring the matter continually with an iron that it burn not. It is given in substance for Children, from four grains to nine grains; and to those that are of ripe years, from six grains to twelve grains; and to them that are hardly purged, from twelve to sixteen grains; give it in any Liquor, or in a spoonful of a Panatella or Ptisan, it will work the more easily, if you add some grains of Cremor Tartar.

The Root of black Hellebore prepared: there are divers preparations of it, whereby this Medicament may be made as gentle as Senna, commonly the rind of the Root is Infused in the strongest Vinegar, and then it is dryed in the shade for use. It is given in substance from one scruple to about two scruples,; in Decoction from one dram to about two drams; in Infusion from half a dram to four scruples; it is corrected with sweet Seeds, chiefly of Daucus and Nymphya which are the proper correctors of it.

If you would make it to Purge gently, and would use it instead of gentle Purgatives, before you dry it for your use, let it Boyl a while in Vinegar, for so it loseth much of the force; or when it is Boyled, or infused, as they ordinarily prepare it, do but cast away the first Decoction or Infusion, and pour on new Liquor to the same Root, for the second Infusion, or Decoction to be administred.

Moreover, of Hellebore they prepare a double extract, one more effectual than the other.

First,

First, Take Roots of black Hellebore, wash'd in white Wine, and cleansed from their filth, one pound; slice them and infuse them twenty four hours in four pound of the best white Wine, adding to it, Flowers of the Water-Lillies one handful, Daucus Seed two drams, or the Root of Daucus, half an ounce, about the end, Boyl them gently, that the Roots may grow soft, and swell; then press them in a press: let the Juyce be strained, and purified, and thickned, sensibly, by a gentle heat; and when it is as thick as Honey, add a fourth part of Mastich; the Dose is from half a scruple to one scruple, in Pills or a Bolus.

The second is the more ordinary.

Take Roots of black Hellebore, be they green or dry, so much as you please, Boyl them in eight times so much water, till a third part remains, then crush out the Root most forcibly: add the Expression to the Decoction, and pressing both of them through a double strayner, thicken them together to the consistence of Honey, adding an eighth part of Mastich; when the Juyce is thick, you may give it from sixteen grains to half a dram, in Pills or a Bolus.

Also, of Hellebore is made a purging Apple, if the small Roots preserved, and dryed, be stuck into an Apple, and that Apple be roasted, then pull out the Roots and let the Patient eat the Apple: or if the Roots lye in the Apple, for the space of a Natural day being stuck in, then cast away the Roots and eat the Apple raw.

Lastly, of Hellebore is made an Oymel, or any purging Syrup, if the roots be boyled in it, but they endure great boyling: there is almost the same purging faculty in black Hellebore you buy in the shops, which *Mathiolus* calls, black Hellebore with a blew flower, and black Hellebore that hath a greenish flower, which *Mathiolus* calls bastard black Hellebore, but the first purgeth with less trouble than the latter, which therefore wants the better preparation, and must be given in less quantity.

Of the foresaid things, may be prepared a Syrup most profitable and pleasant for most poor people, to be kept to purge the Melancholy Humors; thus,

Take Roots of black Hellebore prepared three ounces, Borrage, Buglosse, Fumitory and Dodder, of each one handful, Pome-citrons cut into pieces half a pound, Fountain water five pound; let them boyl at a gentle fire to the wasting of three pound, then cast away the Herbs, add Juyce of sweet Apples half a pound; boyl them again till half be consumed: then press all forth strongly, strain them and clarifie them, add purified Honey one pound; boyl all to the consistence of a Syrup: the Dose is one or two ounces.

But, presently such Medicaments may be made, as for example, a drink.

Take

Take leaves of Senna three drams, seeds of Fennel or Annis one dram; infuse them twelve hours in the Decoction of Hops, four ounces, or the Decoction of Raysins, and make it boyl once, and then strain it; add * Oxymel Simplex (namely, to open the passages and to scour thick Humours) one ounce, mingle them, make a Potion.

* What *Oxymel Simplex* is, and how made, with the vertues thereof, you may see in my Translation of the *London Dispensatory*, of the last Edition.

A Bolus may be made presently thus,

Take leaves of Senna in pouder one dram, Tartar, Annis seed or Cinnamon, of each one scruple; the pulp of Raisins purged from their stones half an ounce; mingle them and make a Bolus.

Pills may be made thus.

Take leaves of Senna two scruples, root of black Hellebore half a scruple, seeds of Daucus and Cinnamon of each six grains; pouder them, and with Oxymel make Pills.

Such a pouder may be made.

Take of purging Antimony eight grains, Cream of Tartar one scruple, Cinnamon and Sugar of each half a scruple; mingle them, make a pouder to be given in Wine or Broth. Or,

Take leaves of Senna one dram, Tartar and fine Sugar and Cinnamon of each one scruple; mingle them, and make a pouder for one.

When watry Humors prevail, these will purge gently.

The root of the white Thistle beaten to pouder, is taken from one dram in Wormwood Wine, or Oxymel; or in decoction from two drams to half an ounce, it is corrected with sweet Seeds or Wormwood.

The root of the Wonderful herb of *Spain* that carries a divers coloured flower is taken any way to two drams.

Wild Mercury in a decoction one handful and an half, or boyled as Pot-herbs, and seasoned with Oyl and Salt and eaten.

Garden Flower-de-luce, that bears a blew flower, the Juyce of the root newly pressed forth, and purified from two ounces to three ounces, or thickned from two drams to half an ounce, chiefly in Wormwood Wine.

The root of Anthora scraped, from one scruple to two scruples, taken in Wine or Broth: it needs no corrector.

The root of wild Cucumber dryed, given in substance from fifteen grains to about half a dram; it is infused, beaten grossly from two scruples to about five scruples, it is boyled from two drams to half an ounce.

It

It is corrected with things that help the stomach. But the best way to give it, is to infuse it a night in Wormwood Wine.

Four sprouts of Dwarf-elder, that have four leaves, boyled in Wine or Broth, and eaten as Pot-herbs.

The root of the same steeped in Wine, from two drams to three drams.

The Juyce of the flowers and fruit of the same is given from five drams to one ounce, in strong Wine or Broth corrected with Wormwood.

The pouder of the Seed of the same is given from half a dram to about one dram in the same Liquor.

The Juyce of the same thickned with Honey, to the consistence of a Syrup, is given from half an ounce to one ounce, either alone, or in Wine or Broth.

The Elder tree doth the same, prepared the same way, only there is a greater purging quality in the rind of the root, than in other parts.

The Juyce of the wild Lettuce, from three drams to about six drams, with Honey, or Oxymel, or sweet Wine, corrected with Wormwood.

The husked Seed of the common Ricinus, the * Emulsion of it, is given from one dram to three drams with Wine or fat Broth, corrected with some Spice; or infused, or lightly bruised, from three drams to six drams.

* What Emulsions are, see my Translation of *Riverius*, in the Physical Dictionary, at the end thereof.

Soldanella or Sea-coal is given in Decoction of fat Broth, from one handful to two handfuls, also the young shoots are eaten, as *Pliny* saith, or the young tendrels, boyled like Pot-herbs. They are corrected with stomack-corroboratives.

Out of this Plant may be made a plain extract to be kept for use, and it is very pleasant, if the Juyce of the Leaves be pressed out, clarified, and thickned, and be made into Pills with a fourth part of Mace and Mastich, or if it be made thick with a fourth part of Honey, and an eighth part of the Juyce of Wormwood, the Dose will be from one dram, to two drams or therebouts.

The Root of the white Vine which *Mathiolus* makes to be the third kind of Clematitis, boyled from about half an ounce in Wine mingled with an equal quantity of Water; it is corrected with temperate Stomachical things; namely with Coriander seed or Myrtils. These Purge vehemently.

Ricinus of *America*, it is taken from half a grain to a whole grain, or the Seed is steeped all night in Wine; or else drink the emulsion of the Seed in Broth.

Granum Dende of *Avicenna*, which Mountebanks sell up and down for the Seed of Ricinus of *America*, doth the same effect, as Ricinus of *America* doth.

The Seeds of Cataputia, if they be great are given from seven to ten, but if small, from eight to fifteen. Or else made into Pills or a Bolus with Figs, or taken in Emulsion, with Hydromel; they are very troublesome to the Stomach; therefore you must drink after them, Broth altered with Wormwood, and Seeds of Citrons or Oranges.

Tithymal with broad leaves, given according to all the parts of it, in the quantity, and manner aforesaid concerning the other Tithymals that violently purge flegm.

Of the foresaid may be prepared a pleasant and profitable Syrup, to be kept for use. As,

Take the Roots of ordinary Flower-de-luce fresh, six ounces, wild Cucumbers dryed in the shade, two ounces, *Roman* Wormwood and Origanum, of each one handful, pleasant white Wine two pound and an half: make infusion for five hours, then boyl them at a gentle fire to the consumption of a third part, strain it; then add clarified Honey one pound: boyl all again to the consistence of a thin Syrup, add about the end, Cinnamon or Annis seed two drams.

The Dose of this Syrup will be from one ounce to two ounces at the most.

Presently Composition may be made thus;

For a Potion.

Take the Roots of wild Cucumber grosly bruised one dram, tops of *Roman* Wormwood one handful, Seeds of Annis, Fennel or Cinnamon one scruple, the best Wine three ounces, infuse them all night, in the morning strain them; to the strained Liquor add Oxymel simple one ounce, mingle them for a Drink. You may leave out Oxymel if you please.

For a Bolus.

Take the Juyce of Flower-de-luce thickned three drams, the tops of Wormwood in pouder half a dram, Annis seed half a scruple, Figs half an ounce; mingle them for a Bolus.

Pills.

Take Seeds of dwarf Elder two scruples, or the Roots of wild Cucumber one scruple, Cinnamon half a scruple, pouder them, and make Pills of them with Juyce of Wormwood what may suffice.

Purging Clysters.

Purgatives that are given in Clysters are used for a two-fold end, namely either to stir up the faculty Expulsive that is very dull, as is used to be done in * Sleepy Diseases; as the Palsie

* The Sleepy Diseases are most excellently treated on in *Riverius* Practice of Physick in English.

Palsey and Doatings, and they are therefore called Tart Clysters; or else to draw the Excrements from the remote parts, that are ordained for Evacuation or for Revulsion sake; they are prepared the same way and in the same quantity as we said already of lenitive Clysters; adding only to the Decoction for a common Clyster some purging herbs, as Centaury the less, or Gratiola in a Cholerick cause; the sprouts of wild Saffron, Broom leaves, the pulp of Coloquintida bound up in a wide Cloth, the roots of Esula, or Sow-bread in a Flegmatick cause, the roots of black Hellebore in case of Melancholy; the leaves of Dwarf-Elder, or the Elder Tree in a Watery cause; but that they may Purge, and supply the place of a Medicament to be taken at the Mouth, they must not be cast in beyond the quantity of eight ounces; namely, the same quantity that may be also taken at the Mouth, and a Clyster to purge the Entrails, must go before, for so a Purgative Clyster may be held in many hours, and it is fitly actuated by the heat of the Intestines. But the quantity of the Medicaments to be taken at the Mouth, must be doubled in Clysters; because they are not so easily brought to action by the Intestines, as they are by the Stomach. As for Example, to pull back and to Purge Flegm, such a Clyster may be made.

Take leaves of Mallows, Beets, Origanum, Camomile, of each half an handful, pulp of Coloquintida bound in a Skin half a dram, Seeds of Carthamus two drams, Fountain water one pound, boyl them to the consumption of half, to the strain'd Liquor add of the dregs of Sugar or Honey two or three ounces; make a Clyster.

Sharp Suppositories.

Purging Suppositories, seem to have no purgative power of themselves, that is, to have no drawing quality to fetch the Humors from the remote parts to the Intestines, but only to stir up the Belly, when it is slow to expulsion; by which stirring up, sometimes by accident it falls out as it doth in Purgatives; that the Excrements that ly in the Veins, and distant Parts, are thrust out by the Belly, but not by the Medicament drawing them, but only by the Expulsive Faculty awakened: Whereupon sometimes sharp Clysters supply the room of a Purgative Medicine, and are more safely given to any that are weak, than Clysters are.

Sharp Suppositories are made of Honey or the reliques of Sugar boyled hard, adding for every ounce of them from one grain to ten grains of Coloquintida, Scammony, or of both Hellebors, or of the Milk of Tithymals, of Esula, and some sharp Salt, as Salt Armoniack or Salt Nitre, for Suppositories.

For Vomiting Medicaments.

There are two sorts of these also, for some only Purge the Stomach, being void of all attractive vertue, and these belong to the rank of Gentle Medicaments; others again evacuate the superfluities they draw to the Stomach, and are Purgatives. The former, of themselves hardly provoke one to Vomit, unless they offend some Stomach that nauseates them very much, but they need some outward help to stir them, as by putting the Finger or a Feather into the Throat; but the later provoke Vomit without any outward help.

These move Vomit gently.

In a hot cause; warm Water or Barley water, fat Broth, Water and Oyl, they are all given lukewarm, from one pound to two pounds to those that are of ripe years, but to Children, from eight ounces to one pound.

In a cold cause, that is thin; the Decoction of Citron seeds or Orange seeds in Broth, to one pound, with two ounces of Oxymel.

The luke-warm Decoction of Bay leaves, to one pound.

The root of Daffodil boyled and eaten, or the Decoction of it drunk in the quantity aforesaid.

The pouder of the root of Betony, from one dram to three drams with Broth and Oxymel.

The pouder of the Pompion root, from one scruple in the same Liquor.

The Decoction of Snails in hedges, in Water or Broth.

In a cold cause and thick: the Juyce of Radish from one to two ounces with Broth and Oxymel.

Nitre from one scruple to one dram, with Metheglin or fat Broth.

Broth taken with Oxymel or Honey, with which mingle one scruple of Ginger, Hysop, or Pepper.

Purging Vomits.

All those things that Purge by Vomit, do also move the Belly, and therefore they are then to be chosen, when nature is more enclined to Purge upwards; they may be brought to three ranks, as they were that Purge the Belly. Some are gentle, that draw only from the parts that ly round about the Stomach, and with small trouble move the Stomach; others are strong, and draw more effectually from the remoter parts, and trouble the Stomach something more. Some are violent

violent, which draw vehemently, and evacuate matter that is very thick, or such as is contained in the remotest parts, and cause Vomit with great forcing of the Stomach.

When Choler predominates, these are gentle: the yellow rind of the black Alder, when it is fresh, boyled in Water or in Broth from two drams to four drams.

The Seed of Garden Cresses poudered, drank in water from three drams to six drams.

Mountain dwarf-Cherry of *Gesner*, which *Tragus* makes to be Sea-Purslain swallowed down from five to eight Cherries, especially in Water or warm Broth drank after them.

The root of Asarum draweth all most equally, Choler and Flegm; it is infused from two drams to five drams; the substance in pouder is given from one dram to two drams.

These are strong: The Juyce of the root of Mandragora from half a scruple to a whole scruple in Honey-Wine; and we must use it warily, for it is not without danger.

Where Flegm predominates, these Vomit gently: Agarick unprepared, from two scruples to two drams in fat Broth or Oxymel.

The Seed of bastard Senna with Bladders, is given in substance from one dram to two drams, and is infused from two drams to half an ounce; it is corrected with spiced Wine.

The Seed of bastard Senna with Scorpion Cods doth the same.

The flowers of Garden-Broom, and the green branches steeped, or boyled; from two drams to half an ounce in Broth.

The Seed of Spargula powdered, from two drams to four drams, in sweet Wine or Broth, with Oxymel.

These do strongly Void Flegm that is predominant.

The Seeds of Staves-acre, about one dram and a half in pouder, with plenty of sweet Wine; you must drink fat Broth upon it, until you fall to Vomiting, least if it should stay too long, the Stomach should be inflamed.

The fresh Leaves of any of the Tithymals boyled, with sweet Wine, from one dram and an half to four drams.

The Juyce of the Leaves of Tobacco from one dram to two drams in Broth; that is altered with the seeds of Citrons or Oranges.

White Vitriol from half a dram to one dram in Broth.

These void Flegm Violently.

The Seed of the Peascod-Tree powdered, from half a dram to one dram; the rind of the same dryed, and powdered doth the same, but something more weakly.

Those Medicaments that are compounded of these, are almost of the same kind: as for Example,

For Choler.

Take Barley water one pound, Oyl of Olives that were sufficiently ripe two ounces, Root of Asarum in pouder one ounce, mingle them for a drink.

For Flegm.

Take Broth that is altered with the Seed of Citrons or Oranges one pound, Oxymel two ounces, Juyce of Radish one ounce, crude Agarick two scruples; mingle them for a Drink.

If you please to make a Syrup for a Vomit, it may be as this.

Take the green branches of Garden-Broom one ounce and an half, Bay leaves and Tobacco leaves of each one handful, Seeds of Citrons or Oranges grosly poudred two drams, common Water two pounds, let them Boyl until half be consumed; strain them. In the strained Liquor infuse for twelve hours, of the Roots of Asarum and raw Agarick, of each three drams, strain them again, and clarifie it, and add to it of clarified Honey one pound, Boyl all at a gentle fire to the consistence of a Syrup; the Dose of it is from half an ounce to one ounce in Broth and warm Water.

Of the same kind is this Electuary, which is very effectual.

Take the Roots of Asarum, and crude Agarick of each half an ounce, Roots of Betony and Pompions of each two drams, Cinnamon one dram, Annis seed half a dram, pouder them to very fine pouder, and mix them with Honey clarified four ounces, and make an Electuary; the Dose of it is from nine drams to almost twelve drams, in any Liquor that is pleasant.

For Melancholy and black Choler that are predominant. None but strong and violent Medicaments are convenient; because the Humor being of its own nature the most heavy, is something more hard to draw upwards than other Humors.

These cause Vomit strongly; prepared Antimony, the Flower, the Calx and the Glass of Antimony are easily prepared: but the Tincture is something more difficult, and so is the Oyl, which being precipitated into cold water passes into a white Pouder, not unlike to Flower. All these are given in substance from three grains to six grains, in a Panatella, or Ptisan, or some Stomach-Conserve, or Aromatick Wine, corrected with Wormwood, Rosemary, and other a little astringent Stomach-remedies; they are steeped from four grains to ten grains, chiefly in strong Wine, or Wormwood VVine. Of this is made a most pleasing Syrup, Evacuating most easily both upwards and downwards, beyond all other Antimonial Medicaments, thus;

Take the Flowers or the Glass of Antimony one dram and an half, the best white VVine one pound, infuse it for two dayes natural; strain it, and add to it, Honey clarified ten ounces; Boyl them to a

Syrup.

Syrup: the Dose is from half an ounce to one ounce and an half or thereabout, taken by it self, or in some pleasant drink.

These work Violently: The prepared root of white Hellebore, or the pith pulled out, and the Root steeped in Rose-vinegar one day, and dryed again in the shade for use; in the place of Rose-vinegar, take Vinegar of Quince which is better, or some other, that is altered with something that is a little astringent, and cooling for the Stomach, it is given from half a scruple to one scruple; not in substance, least the Mouth of the Stomach should suffer Convulsion, but, in infusion, which is done two wayes: The first is the way of the Antients, who did stick the small Roots of Hellebore into a Radish for one night, the next day they crushed out the Juyce of the Radish, and gave one ounce of the Juyce in Ptisan, or a thin Panatella may be used in the place of it, for to moisten the Mouth of the Stomach, that it fall not into Convulsions.

The second is better and more pleasant than the first. As, Take half a scruple of the Root, stick it into a piece of a Quince, and boyl it in the same, then take out the Roots, and give that for a Bolus to eat; or the Juyce pressed out of the Quince may be put into Wine, or fat Broth, altered with the Seeds of Citrons, and so drink it. White Hellebore is made far more gentle, if the Root with the pith pulled out, after due infusion, be boyled in Vinegar, and then dryed and kept for use.

Where watery Humors are predominant, these are accounted gentle; the Juyce of the Root of Dwarf-Elder from one dram and an half to three drams in fat Broth, altered with the tops of Wormwood.

The Juyce of the Root of the Elder-Tree doth the same, taken in the same Dose.

The Berries of Water-Elder taken to two drams; drink fat Broth after them, as we taught before.

Strong Vomiting medicaments, the leaves of Spurge pulled upwards, are given in the same Broth, from one dram to one dram and an half.

Stronger.

Elaterium, by reason of the bitterness, taken in Pills or a Bolus. It is commonly mixed with some Aromatical Pills, it may be mixed with the pulp of a Fig with a little Wormwood, which is done by expression.

The fruit of wild Cucumber is given from three grains to ten grains, but that which drops out of the fruit only pricked is given from two grains to six.

Medicaments that evacuate by Urine, by which not only the wayes of the Reins and the Bladder, but also the whole body is purged, by

the help of the Veins and Arteries. They are made of Diuretick medicaments, whereof some are properly so, hot and dry, and sharp, and of thin parts; others improperly so, that have but remiss heat, or enclining also to cold, but yet are of thin parts, which are to be used chiefly in Feavers, or when the Reins or Liver are over-heat; unless perhaps there be present some corrupt venomous matter in the Veins that requires speedy evacuation, which is better and sooner performed with proper and hot Diureticks; the chief and the most obvious in both kinds are these.

Proper * *Diureticks:* Asparagus, principally the root, Smallage seed, or the common Seseli, the root and the seed of Carduus, the root of Cucumbers and the seed, common Seed the roots of all sorts of Eringo's, the roots and seeds of Fennel, the seeds of both Rochets, the leaves and berries of the Bay tree, also the roots and the rind, wild Mints, Turnep seed, the root of prickly Rest-Harrow, Penniroyal, all the parts of common Parsley, the roots of both kinds of Radish, Madder roots, the young sprouts of Knee-Holm, the tendrels and the roots, Savory, wild Tyme; the Seeds are given in pouder, from half a dram to one dram, (the same must be understood of medicaments that are Diureticks improperly) some are boyled in Wine or Water, but best of all in Broth of Chich-Pease; yet the pouder of the roots is given also, especially of those that are of a woody substance, as of Rest-Harrow, and the Bay tree. Of these, some may be compounded presently.

* What *Diuretieks* are, see my Translation of *Riverius*, and the Dictionary at the end thereof.

This Pouder is most effectual.

Take the roots of Rest-Harrow two drams, the seeds of Rochet and Bay-berries of each one dram, Cinnamon half a dram, mingle them, make a Pouder; give one dram in Wine or warm Broth of Chich-pease.

It is more pleasant, if it be infused all night; then give it one Boyl, and strain it, cast away the dregs, and then drink it. It will be made a more effectual remedy yet, if you put in some drops of the Liquor which comes from Salt put into a hole in a Radish, kept in a moist place till it melt.

To anoint the Privities, such an Oyl is made presently, which help the Voiding of Urine.

Take Bay leaves, Horse-Mints, wild Tyme, Penniroyal, of each one handful, Camomile one handful and an half, Radish roots half an ounce, Cummin-seed two drams, common Oyl one pound and an half, white Wine one pound, make an infusion for four hours; then boyl all till the moisture be consumed, and then press all out, and strain it again.

A

A Plaister also may be made of a Radish cut, and boyled with leaves of Parsley, Smallage, and Penniroyal, then bruise them all and lay them to the Privities.

Improper Diureticks; Seeds of Gourds, Cucumbers, Citruls, and Melons (make Emulsions of them,) of Mallows, Gromwell seed, Alkekengi, kernels of Cherries, stones of Medlars, shells of Filbird-nuts, the juyce of ripe Lemmons, the leaves and stalks of Strawberries, Maidenhair, the roots of both kind of Brambles, of Grass, especially Reed-grass, of Liquorice, Cinkfoyl, and Radish the rind peeled off, also the Broth of red Chich-Pease is profitably administred, with a fourth part of juyce of Lemmons; this Drink is held for a secret.

Take the juyce of Pellitory of the Wall three ounces, the Broth of Chich-Pease four ounces; mingle them them for to drink.

This also is supposed to be of the same kind.

Take Liquorice half an ounce, common Water half a pound; boyl them at a gentle fire till half be consumed; strain it, and add to it juyce of Lemmons one ounce; mingle them.

Also for a speedy remedy may be given with great profit, two ounces of the juyce of Radish in strong Wine that is hot.

Outwardly may be laid a common and excellent Plaister of the leaves of Pellitory either alone, or pounded with a Radish, and so fryed in a Frying-pan with Butter and Oyl, and laid hot to the Privities, if you can get Oyl of Dill or Camomel it is better than common Oyl.

Medicaments that Evacuate by Sweat.

These also are of two sorts: Some are properly to cause sweat, which melt the matter and turn it into Vapours; others are improperly so, which make the matter easily convertible, and so by accident cause sweat, and these are very convenient for the small Pox at the beginning, and for hot affects of the Skin, and hot Feavers when the motion of Nature is outwardly inclined toward the Skin.

Proper for sweat, are the Decoction of Garlick, of Box wood (with which the French Pox is as easily cured as with Guajacum,) of Germander, great Celandine, Carduus Benedictus, Juniper wood, and Bayes, and of sweet Chervil: they are given from four ounces to eight ounces or thereabouts; and they are made more effectual being boyled in Water, Honey, and white Wine.

The same Decoction purified and thickned with a gentle heat afford plain extracts, that may be given to one dram or thereabout, or else mingled with good Wine, or the decoction of some improper Sweating medicaments, or made into Bolus, or Pills, and to drink after

after them three ounces or thereabouts of the Decoction. For example:

In the diseases of the Nerves and Joynts from a cold defluxion, make such a Decoction.

Take wood of the Bay-tree and Box-tree of each one ounce and an half, cut them small and infuse them one day in five pound of common Water, add leaves of Betony, Germander and Ivy of each one handful; let them boyl at a gentle fire till a third part be consumed, strain it to be drank at five times.

Improper medicaments to move Sweat: The decoction of Camomile, Chervil, Fumitory, unhull'd Barley, Millet, Lentils lightly boyled, roots of Hops, Cinquefoil, Tormentil, leaves of common Pimpernel, Scabious, and Winter-Gilliflowers.

Of these is made a common Syrup, called the Syrup of St. *Ambrose*, of one part of Wine, and two parts of the decoction of Millet.

Other Medicaments may be suddenly made; as for example, in a Cutaneous effect, make such a Decoction.

Take the leaves of Scabious and Fumitory dry, of each one handful, roots of Hops half an ounce, Barley-water one pound and an half, boyl all at a gentle fire to the consumption of almost the half, and strain it out for one draught.

When the small Pox appear:

Take leaves of Pimpernel one handful, Scabious half a handful, of the first decoction of Lentils one pound, boyl them till a third part be consumed, strain it out, to drink at one draught.

The Decoctions of these are given in greater quantity, than are the Decoctions of those that are properly to cause Sweat; namely, from about eight ounces to two pound.

And you must know, that Sweat can hardly be procured by the help of these Medicaments, unless the force of them be derived outwardly to the Skin by Attracting medicaments; by the benefit whereof, the pores of the Skin also are loosned and prepared for Sweat: therefore about an hour and an half after the taking a Potion to Sweat, the body must either be put into a dry Bath, or some hot natural or artificial Bath; or else must be well covered with Garments; or else hot Tiles must be applied to him, or vessels full of hot Water; or the Skin must be gently rubbed, or Cupping-glasses without Scarification must be applied on divers parts, as necessity shall most require.

Medicaments that Evacuate by Spittle.

Those things that unloose the Stuffing from the wayes of Breathing, we called, from their office, *Expectorating Medicaments*, all which may be

be comprehended under a triple difference; for some are convenient for thick spittle, namely incisers and scowrers; others are for thin and unsavory spittle, as dryers, and a little thickning; others again are to temper Salt spittle, and to hinder the corroding of it.

Therefore when the Spittle is moderately thick, a * *Lohoch* is needful of Water and Honey, or Oxymel, crude Honey, a Decoction of Figs, Liquorice, sweet Cods, Raysins; adding a quantity of Colts-foot, Lungwort or Scabious; for the Pouders of these Herbs may be mixed with the Oxymel, to the consistence of a *Lohoch*, or a soft Electuary, in which form the pouder of Iris is used to good profit, mixt with Oxymel.

* What a *Lohoch* is, see the end of *Riverius* his Practice of Physick in English, and the *Dispensatory* in English.

For Spittle that is very thick, these are proper: the decoction of Oak of Jerusalem, Elecampane, Hatchet-Fetch, Hysop, Horehound, Savory, Tyme, long Aristolochia, the Pouders of these are mixed profitably with Oxymel for a Lohoch; or they are mingled with Honey in form of an Electuary. Or,

There is compounded a sweet drink with Oxymel, and the Decoction of the said Herbs, as also by the infusion of them, Hysop-Wine is wont to be made, and Wine of Elecampane; which the Antients used ordinarily.

The common people use to make a profitable Electuary of the roots of Elecampane boyled in Water, (it were better to take Metheglin or sweet Wine) and passed through a Hair-sieve, and then mingled with twice as much of clarified Honey, and sod to a just consistence.

Besides these, the Pouder of Brimstone doth profit well, or the Flower mixt and taken with a rear Egg. The seed of Nettles mixed in Lohochs, or Aqua-vitæ with a third part of Sugar, made into a Confection, or mixt with Oxymel. So the pouder of the Lungs of a Fox taken from half a dram to one dram in Wine or Metheglin, to be drunk, or mixed for a Lohoch.

Saffron drunk in Wine from half a scruple to a whole scruple.

Sows Lice washed in Wine, and infused to one dram all night in white Wine, then pressed forth and drank, the dregs being cast away.

The Rozin of the Larch or Firr Tree, licked or swallowed down in a Bolus; for a Licking medicament it must be dissolved in clarified Honey, for it will mingle very well with Honey.

A most excellent Balsom may be made for this purpose.

Take Oyl of ripe Olives (for the rich take Oyl of sweet Almonds) that is not rank, half a pound, sweet white Wine four ounces, let them boyl till the moisture be consumed: then add Flower of Brimstone three

three ounces, ſtir them continually and very ſoftly at a gentle fire; and when the Flowers are diſſolved, add Rozin of the Larch tree or the Firr tree, or if it can be had, the Gum of the Firr tree two ounces and an half, mingle them to perfection. It may be put into Lohochs, or taken inwardly with the foreſaid Decoctions or with white Wine.

But that the Spittle may come forth the more eaſily, leaſt the Humor that is thick, ſhould grow dry with the uſe of theſe things, it is beſt alwayes to add ſome emollients and looſners, ſuch as are for Lambitives and internal uſes, the root of Liquorice, the pulp of Raiſins, roots of Mallows and Marſh-Mallows.

It is good to anoint the Stomach outwardly with Butter, chiefly that which is rank; either alone or mingled with the mucilage of Mallows and Marſh-Mallows.

An application of a Colewort leaf well anointed with Butter, and ſprinkled with pouder of Cummin-ſeed, and ſo laid hot to the breaſt, is much ſpoken of.

When the Spittle is thin and unſavery; the decoction of round Ariſtolochia, Jujubes, wild Plums, Golden-rod, Pennywort, Veronica, the juyce of ſowre Pomegranats, either by it ſelf, or with a little Honey.

All ſorts of Licking medicaments made of white Starch, Gum-Arabick, Tragant, all Phyſical Earth, with Honey or Oxymel, mixing a quantity of Brimſtone or Myrrh, or round Ariſtolochia, or the Cream of Ptiſan, with ſome white Starch.

For ſalt Spittle, the decoction of Barley, Jujubes, Liquorice, Raiſins, ſweet Prunes, are convenient; and chiefly in the decoction of the Feet and Head of a Calf, Kid or Lamb, alſo of Snails, and Snails of the woods.

Emulſions of ſweet Almonds, and of the four leſſer cold Seeds, chiefly adding the flower of Starch, the cream of Ptiſan, or a Panatella with the ſame Emulſions, adding alſo the Emulſion of white Poppy ſeed, when the Saltneſs is urgent: the juyce of ſweet Prunes licked up.

Freſh Butter licked, as alſo added to the Meat we eat, and Anointed on the Stomach outwardly.

If you pleaſe to make a Syrup for this uſe;

Take the juyce of ſweet Prunes, the juyce or decoction of Purſlain, of each half a pound; clarifie them, and add to them ten ounces of purified Honey, let them boyl to the conſiſtence of a Syrup. The uſe of it, is for a Lohoch, and for Syrups.

Medi-

Medicines that Evacuate by the Palate.

The * Head is purged three wayes; by the Mouth, by the means of the Chanels of the Palate, namely, by Masticatories, Gargarisms, and Anointings of the Palate.

* Any that desire to know exactly the Diseases of the Head, and the cures thereof, let them read *Riverius* Practice of Physick, by me translated into English.

For a Masticatory in a hot cause, a Paper is good, especially a brown Paper, Figs, bitter Almonds, or Peach kernels, Raysins, a whole piece of a Pome-Citron, the peel of an Orange.

In a cold cause are good, the roots of Cyprus, Acorus, both Angelica's, Garden Setwal, Master-wort, seeds of Fennel, Annis, Seseli, *Siler montanum*, grains of Juniper, Bay-berries, and the tender leaves.

These are more violent, and are fit for extreme coldness; the leaves of Sciatica-Cresses, Water-Pepper of Horse-Radish, Garden Cresses, Savory, Mountain Hysop, wild Penyroyal, wild Rue, root of Pellitory, Countrey Mustard seed, Mustard seed, Staves-acre; which, that that they may the more easily be chewed by the teeth, they they must be mingled with a little yellow Wax, and so made into little Balls or Morsels.

For a * Gargarism, which is proper only in a cold cause, are convenient, the Decoctions of Calaminth, Germander, Hysop, Bay leaves, Lavender the greater, Penyroyal, wild Tyme, Italian Spike; which are partly gargarised, and sometimes held hot in the mouth.

* Those that desire to know more fully what they are, and their use, let them read *Riverius* Practice of Physick, and the Physical Dictionary at the end thereof.

The most violent Gargarisms are made of the Decoction of Herbs, that were set down for the strongest Masticatories, and chiefly if we put some Aquavitæ in, or some of the Confection of *Diasinapi*, which the *Italians* call *Mostarda*.

For to anoint the Palate, which Remedies have place also alone, in a cold cause; the said Decoctions are used with Honey thickned to the consistence of a Syrup.

Moreover, Aquavitæ, or common Mostarda, or some soft Electuary made of the foresaid things.

As for Example,

Take *Bay-berries and Juniper, of each two ounces; Mustard seed and leaves of Savory, of each one handful; seeds of Annis and Fennel, of each one dram; roots of Acorus and Master-wort, of each two drams pounded and sifted: mingle all with two pound of clarified Honey.* Make an Electuary.

Medi-

Medicaments that Evacuate by the Noſtrils.

Of things that purge the Head by the Noſtrils, ſome of them by their Acrimony cauſe one to ſneeze; and theſe are very fit for a very thick Humor that is packt cloſe in, and where the Expulſive Faculty is dull. Some again provoke the Humor without ſneezing; amongſt which, ſome may be ſafely uſed, even when the Head enclineth to heat; others belong only to a cold humor, and head.

The Pouders of all the propounded Remedies for ſtrong Maſticatories, if they be blown in, or ſnuffed up into the Noſtrils, they cauſe one to ſneeze.

The decoction of Gith, or black Hellebore, the juyce alſo of the root of Sowbread, Briony, and Elaterium, diſſolved in other liquid Naſals. The ſame is performed, but ſomething more gently, by the root of Sowbread cut like a Tent, and put into the Noſtrils; and the ſhell of an Orange candied.

Alſo without Sneezing, the Head that is over-hot, may be evacuated with the decoction, or juyce of Mallows, or Blites, eſpecially the white Blites; leaves of Betony, or Coleworts, and Barley, roots of Beets put into the Noſtrils, eſpecially if it be wet in warm Water; alſo anointing the Noſtrils with freſh Butter.

In a cold cauſe, Decoctions are good, or the juyce of Pimpernel, Bettony, roots of white Beets, the great Celandine, Ivy of the wall, Garden Hyſop, root of Flower-de-luce that is green, Marjerom, Sage, Tobacco.

The *Indians* alſo uſe to make Tents of a round faſhion, of the roots of Sowbread, or Flower-de-luce, and to anoint them with Butter or Oyl, and put them up into their Noſtrils, or elſe to ſteep them in water, when they will not uſe them for Sneezing.

Moreover, the Fume of the ſaid Herbs, when they are dry, is very convenient, eſpecially of Marjerom, Hyſop, Tyme, taken through a Cane; by which they take the fume of Tobacco. Errhines alſo may be made of them. As for example;

In a Cold cauſe:

Take *the Juyce of the root of Flower-de-luce made thick, the Juyce of the flowers of Ivy made thick, of each two drams; the Pouder of Marjerom, or Tyme, one dram; freſh Butter half an ounce: mingle them for a Liniment, and anoint a Tent of Cotton to put into the Noſtrils.* Or.

Take *the Juyce of Blites clarified by filtring very well, four ounces; Agarick groſly poudered one ounce: make infuſion for one night, ſtrain them the next day, and draw it up warm into the Noſtrils, and it will wonderfully purge the Head without any great commotion.*

Medi-

Medicaments that Evacuate Insensibly.

The matter these are made of is of a large extent: for all Hot things by rarifying and turning the Humors into air, do evacuate insensibly; so do all Dry things by restraining moisture, and all Astringent things by pressing them forth, may be reckoned in the number of these: but things that digest are properly so called, which do by degrees turn the Humors into vapours; and those that discuss and do it by heaps, that dissipate also gross Humors; and blistering Medicaments that do both vehemently, and by violent heat remove the matter that lieth deep, that is not sufficiently attenuated, and draw it to the Skin.

Digesters.

Amongst these the most obvious are, Wormwood, Dill, all kinds of Smallage, Camomile, stinking Camomile, Fœnugreek, roots of Reeds, white Lillies, Lin-seed, Honey, Melilot, Rosemary, Mallows, chiefly strong Wine; these may be given in Decoction, Syrups, or Electuaries.

Of the same may be made Oyls, by descent, and fomentations for use outwardly; to which these that follow may be added, that are not to be given inwardly, as the roots of Sowbread, wild Cucumbers, Daffodils, the leaves of Dwarf-Elder, Elder tree, Allum, Nitre, Vitriol, common Salt.

Also outwardly may be used alone to anoint with, rank Butter, chiefly that which is Salt, and Oyl with Salt.

For Fomentations: the water of quick Lime, the water of hot Baths, sweet Water that is very hot, strong Lye, hot Lees of Wine, the Mud of hot Baths, or holes in the Baths, hot Sand, hot Ashes with or without Bran, and Salt made up in a Bag.

For Plaisters; Snails bruised with their Shells.

Old Cheese, with the decoction of Salt flesh, especially Hogs flesh, and beaten together for a Plaister.

Bean meal made up with Wine or the former Decoctions, adding if you please, Oyl, Oxymel or Honey.

Privately to consume the Milk suddenly, and without danger, that it may not clotter in the Breasts; Women hold these for secrets, which either will not or cannot give suck; the green Leaves of Walnut trees carried in their bosome.

A Liniment made of an equal portion of Honey and Rozin, laid on constantly with a linnen cloth.

A Cataplasm of Bean meal and Oxymel, or the Decoction of Parsley, or Mallows boyled with Vinegar.

A Fomentation of equal parts of Parsley and Vinegar, adding a little Saffron to it.

Discussives.

Amongst these the easiest to provide are; the Seeds and Flowers of Agnus Castus (by the steeping whereof is made an Oyl that is very proper against the Cholick) Garlick, the root of both Angelica's and the seed, Annis seed, seeds of Oranges and Citrons, and the Pills of them; also Calamint, especially of the Mountains, seeds of Cummin, Caraway, Daucus, Fennel, Hysop, Masterwort root, the berries and wood of Juniper, Lavender, the leaves and Berries of Bays, that are good for the Colick and pains of the Matrix, Lupines, Marjerom, dry Mints, Bazil, Origanum, Poley, Peniroyal, Rue, Savory, wild Tyme, *Italian* Spike, Tyme, all which are given alone or mingled in form of a Decoction, Syrup, Electuary, or the pouder of them to one dram, may be drank in Wine, or strewed upon meat.

Hitherto appertain Aquavitæ, and old Wine which the Antients were wont to give with Pepper grosly beaten.

You may prepare, at a cheap rate, a most effectual Tincture, whereof one or two drops drank in Broth or Wine doth powerfully discuss winds; and put into a hollow Tooth that akes from a cold cause, or but laid to it, presently takes away the pain.

And this is it:

Take black Pepper beaten grosly two ounces, the best Aquavitæ eight ounces; put all into a Viol of a streight neck, and keep it well stopt eight dayes in a hot place, and you shall have a deep red Tincture, to be kept in a glass that is stopt fast.

If you will make an Hippocras-Wine, you may do it thus.

Take seeds of Annis and Fennel of each two drams, roots of Angelica, Acorus, Master-wort, of each half an ounce, leaves of mountain Calamint, Lavander, Marjerom, and dry Mints of each one handful, Bay-berries one ounce; bruise them all grosly and put them into a Cullender, and strain through it the best white Wine, doing it so often, untill the matter seem to have lost its sent and acrimony; drink one or two ounces of this Wine by it self, or with some other Liquor.

Fomentations may be made outwardly of the decoctions of the said Herbs; but most effectual are the Fumes of them, that rise by quenching a Fire-stone, or a Mill-stone in the said decoctions; Decoctions are made more strong in the best Wine, or strong Lye, and natural Brimstone-waters.

Also,

Also; a bag of Millet torrified, is very good, with the Flowers of Camomile, and Cummin seed, or the leaves of Rue; by which the pains after Child-birth are mightily asswaged.

Some extol the pulp of Coloquintida, with a third part of Wormwood put into a bag.

This is held for a secret, to dry up the water that puffs up the Belly: A Plaister made of equal parts of the leaves of Rue and Wormwood bruised, and made with Honey, to a Cataplasm.

Also a Fomentation of quick-Lime quenched in Brimstone-water of the Baths, is excellent.

For Anointings: Remedies may be presently made, such as are the Oyls made by descesit from the said Herbs. For example.

Take *Bay-berries one ounce, leaves of Rue one handful, common Oyl half a pound, the strongest wine three ounces.* The Berries being grosly beaten, and the leaves chopt, make infusion for three hours; boyl them till the moisture be consumed, then strain them.

To all these, add a large Cupping-glass, with a great Flame, and set it on the part that is puffed up; to which, for the discussing of Wind, *Galen* ascribes a power, as it were an Inchantment.

Sometimes also without: discussing winds are drawn out of the Body by some Instruments that Chirurgions use, that work suddenly. So the Winds are drawn forth that extend the great Intestines, thrusting in (after a Clyster given to void the Excrements) a dry Syringe, and drawing it downwards.

Hypocrates used Smiths Bellows.

By the same way the winds that fill the Matrix, by help of a Syringe, with a long thin neck, may be drawn out.

Rubificatives.

They are called Rubificatives, because they make the Skin extreme Red. When we have made use of digesters and discussers, and cannot prevail, then we must use Rubificatives, as in an Old Hip-gout, and as it often comes to pass in a stubborn, heavy Head-ach: These are laid to the Skin, bruised, and made like a Cataplasm, either alone, or with hot Vinegar; and the most usual are these that follow: Garlick, Wake-robin, Blew-flower, Flea-bane, water Pepper, Sciatica-cresses, Horse-radish, wild Peniroyal, Mustard, Staves-acre, common Crow-foot. Also a Plaister may be made by it self of Pigeons or Goose dung, or of dry Pitch melted with a fourth part of some hot Oyl, as of Rue, or Bays, and laid often on the part, and then pulled off again, untill the part first wareth Red, then swells a little, and then sinks down again: for if it be let alone no longer than whilst the part groweth

red; it is rather to be called a Heating remedy, and such as helps the member to Nourishment, than that which Evacuates insensibly. Wherefore on a cold, and dry Stomach, and Limbs that are wast with the Palsey, it is of excellent use, after due Evacuations of the Body.

Thus much for Medicaments that respect the matter peccant in Quantity.

Medicines that augment necessary matter, where it is deficient.

Sometimes good Humors are wanting, and some things that proceed from them; all which are augmented of themselves, by the help of Nature changing good Nutriment; but they are produced by accident, with the help of such Remedies as remove the things that hinder Nutriment. Therefore all these Remedies that strengthen heat, and that allay the distemper of the Humors, and of the inward parts by heating them, encrease blood; the Catalogue of these must be sought for amongst things that alter; and for this reason, those things that ingender Milk and Seed, the first whereof is necessary for the Nutriment of the Infant that is born, the later for Procreation, do properly belong to Nutriment, because both of them proceed from blood; yet improperly those Medicaments may be said to ingender Milk and Seed, by the help whereof, the blood is more easily and plentifully altered into the Nature of them both.

Medicaments that encrease Milk.

Those Medicaments are said also to encrease Milk, that correct the impure Blood, make it run, and spread, drive it to the breasts, and draw it thither.

Those correct it, that purge naughty humors which pollute the blood, and others that allay the excessive qualities of the blood.

Such are, in a hot distemper, Barley-water, and Broths altered with Mallows, green Knotgrass, and Sow-thistles.

The milky juyce of Sow-thistles, and Dandelyon, mixt with Broth and taken from two, to three spoonfuls, is much approved.

Also, the Pouder of natural Chrystal, is given with great profit and is held for a Secret, taken in any of the said Decoctions, from half a dram to a dram.

In a cold distemper, a Decoction is good, especially of the roots of dry Dill in Broth, and of new Annis seeds, or Garden Cresses, or Fennel, of fresh Poley, or Leeks boyled in Water.

Broth altered with Dill, do spread, and by a certain propriety dry

it to the Breſts: ſo do Smallage, green Parſley, white Chiches, and all kinds of milk Trefoyl, common Milk-wort, and Periwinkle, uſed the ſame way.

Blood is drawn to the Paps by frequent ſucking, gentle rubbing, and looſning Fomentations, the beſt are made of hot white Wine. Alſo of the decoction of Camomile and Dill, that are green; as alſo of Mallows, Lin-ſeed, roots of marſh-Mallows, if they be boyled in Wine or Water.

If theſe profit not, Rubificatives muſt be applied until the Breaſts wax red.

For this purpoſe amongſt the *Cretians*, they were wont to ſtrike and rub the Breaſts with the leaves of green Nettles; by the frequent uſe whereof, the Dugs were ſaid to grow ſo great, that they would yield Milk enough.

Amongſt the cheapeſt Remedies, theſe are thought to engender much Milk; Hens Eggs, white Wine, Rice boyled in Milk, Grewel made with fine Wheat flower and Milk, or Pottage; alſo Pottage made with fine Wheat flower and white Wine, adding thereto yolks of Eggs and Butter; but the meat is made more pleaſant, if you put Sugar in the place of the Flower.

Things that encreaſe Sperm, or Seed.

Thoſe nutriments chiefly ſerve to augment Sperm, which by a Phyſical force move hot and thin Vapors, fit to cauſe erection of the Yard.

The cheap things are theſe: Fleſh of Ducks and Geeſe, cooked eſpecially with Garlick; the Brains of Calves and Pigs ſeaſoned with Pepper and Salt, Beef Broth boyled with green Mints or Rochet, the juyce preſſed out of the Lungs of a Ram roaſted, Swans Eggs fryed with Butter, all kind of Shell-fiſh ſeaſoned with Pepper, the Polypus, the Cuttle, and Crab ſeaſoned the ſame way, Muſhroms alſo ſeaſoned with Salt and Pepper.

Amongſt Pulſe, are the white Chich-Peaſe, Beans, and Kidney Beans.

Of Fruit, are Hazel-nuts, Cheſt-nuts, mad Apples ſeaſoned with Oyl, Salt and Pepper, ſweet Apples and Grapes hanged up for to be eaten.

Of Herbs, is Garlick, yet young and freſh, Artichoaks, Aſparagus. Young Onions, eſpecially Scabious, Rochet, Clary, Turneps, Rape-roots, Parſnips, and Alizander roots, with Pepper and Salt.

Theſe are thought to be more effectual; the thickeſt Root of all the Satyriums, the Pizzle of a Bull, or Hart, Boars ſtones, and of Foxes, and a Boar Pig that hath engendred, waſhed in white Wine,

and dryed in an Oven. The Pouder of these may be drank mixed together, or else a part in white Wine to one dram.

This Pouder most easie to be provided is most effectual.

Take *the Pizzle of a Bull, and Borax of the Apothecaries, of each three drams; the most substantial Root of Satyrion, two drams; Ginger and Cinnamon, of each one scruple; Saffron half a scruple:* Mingle them, and make a very fine Pouder; give of it in the morning, and after Supper one dram, in a little of the best Wine.

Medicaments that alter the Cause of the Disease.

The Cause of a Disease is peccant divers wayes; namely, by an open, and secret quality. This requires Preservatives against Poyson, that is either original, which is corrected by Medicaments that are cold, hot, moist, dry; or derived from the original, as thick, thin, tough, hard: Hardness comes from dryness and congelation; so doth acrimony. To these are opposed such things as make thin, such as thicken, such things that cut, scour, soften, dissolve clotted matter, and such as mitigate; which things correct the first qualities, and thickners, thinners, and toughness that proceed from them. They are wont to be called Concocting and Preparative Remedies, because by the allaying of the qualities that exceed, the Humors are the more easily conquered by the Natural heat; and if there be any of them wholly unfit to be concocted, they are thus made fit to be driven out with more ease. Other Remedies that take away the sharpness and hardness, do not only serve to prepare the Humors, but to mollifie the parts that are exasperated and hardened. Also those that scour away toughness, do very much serve for other uses, as for all foulness of the Skin, and for filthy Sores, and therefore they are to be numbred apart, after those things that prepare the Humors.

Medicaments that prepare Choler.

If Choler be thin and hot, Barley is good, Lettuce, Purslain, Water-Lillies, blew Violets; the Decoctions of these, from eight ounces to one pound, or thereabouts.

The more effectual are, the Juyce of Barberries, sowre Pomegranates, Bastard Corinths, and the Juyce of unripe Grapes well purified, which may be added to the said Decoctions, from one to two ounces.

The last Remedy, is clarified Whey, with the Emulsion of one dram or thereabouts of white Poppy seed, or Garden Nightshade, and great Hopsleek added to the Decoctions.

In this case, we must forbear to give sweet Syrups.

If Choler be thick, either by adustion, or by the mixture of other Humors, cold attenuative Medicines are good, or such as are temperate, as Sorrel, juyce of Lemmons, Citruls, Oranges, that are ripe, Gum, Cichory, green Maiden-hair, Endive, Strawberries, Liver-wort, Hawkweed, all the Sorrels, wild Endive, Sow-thistle, Dandelyon, sowr Trefoyls, Seeds of Melons, Citruls, Gourds, and Cucumbers, of which Emulsions are made.

Of the said Herbs are made Decoctions with flesh Broth, or Water, to which may be added about two ounces of the Emulsions of the said Seeds, or of the Juyce of Citrons, Lemmons or Oranges.

Also the Juyce of Herbs clarified may be given, from one ounce to three ounces, in Broth, especially in the Winter time, when fresh Herbs cannot be had.

Of these clarified Juyces, Syrups may be presently provided, if an equal quantity of clarified Honey be added to them, and so boyled to the consistence of a Syrup; it is mingled with the Decoctions from one ounce to two ounces.

Oxymel simple may supply the want of all these, about one ounce being put into the Decoctions and Syrups of them all are very useful for this Humor, if there be no adustion, for which, the best thing is clarified Whey to about two pound, with the Emulsion of the foresaid Seeds.

Preparatives for Flegm.

All these heat and attenuate, and if the Flegm be very clammy and thick, they cut also and scour away; the same belong to salt Flegm, if they be tempered with those things we mentioned to prepare Choler.

Therefore if flegm exceed not in thickness and toughness, these are convenient.

For the Head; Betony, Germander, Goats Rue, Marjerom, Rosemary, Sage, *Arabian* Stœchas, the root of the wild Setwall.

For the Eyes, Celandine, Eye-bright, Fennel, Vervain.

For the Nerves and Joynts; ground-Pine, Juniper berries, Hog-Fennel, Primroses.

For the Breast; Figs, Liquorice, Lung-wort, Colts-foot, Scabious.

For the Heart; Root of Angelica, holy Thistle, Caltrops, herb Benner, Ground-Ivy, Lavender, Pimpernel, Scordium, the root of Swallow-wort.

For the Stomach; Wormwood of all kinds, chiefly the common Wormwood, pills of Oranges and Citrons, Seeds of Mints.

For the Liver; Wormwood, Agrimony.

For the Spleen; Ceterach, Epithyme, Fumitory, the rind and root of Capparis, and Tamarisk.

For the Matrix; Mugwort, Maidenhair, Calamint, Feaverfew, Peniroyal, Savin.

For the Reins and Bladder; Smallage, Sparagus, Fennel, Parsley, Knee-holm.

For the whole Body; Cinquefoil, Tormentil, Oxymel, rich Metheglin.

Of these, Syrups may be made, or Decoctions in the Broth of a Pullet, or sweet Wine; to which it were good to add Oxymel from one ounce to two ounces.

Decoctions are unprofitable for the Stomach and Intestines, because they pass so soon from the affected part.

Therefore Oxymel only is good, to two ounces; or a Syrup made of the foresaid Herbs. To which may be added to discuss Winds, an Emulsion of the seeds of Citrons, or Oranges, to two ounces, or thereabouts, in fresh Broth. Or after the custom of the Antients, Oxymel may be given, wherein the tops of Wormwood have been soaked all night.

If Flegm be too thick and clammy, we must never leave out Oxymel, which must be added to Decoctions convenient, wherein must be boyled some of these cutting Herbs, and scouring, namely, Hyssop, Horehound, Poley, Savory, wild Tyme, Goats Marjerom.

If you would make an Oxymel suddenly, which may be like Oxymel of Squils for its cutting and scouring Faculties, it may be such a one to free the Obstructions of the Bowels.

Take *Leaves of Betony, Agrimony, Wormwood, Fumitory, Cinquefoil, of each one handful; Hyssop, Horehound, and Tyme, of each one handful and an half; Roots of Sparagus, Fennel, Parsley, of each one ounce; Fountain water four pound, Honey two pound:* Let them boyl at a very soft fire till the Honey be clarified perfectly; then strain them, and add of the best Vinegar one pound, Annis seeds two drams; Cinnamon and Ginger, of each one dram: boyl all at a gentle fire to a Syrup, then strain all again through a wide Cloth.

Preparatives for Melancholy.

If Melancholy be not adust; Borrage, Bugloss, Dodder, Stone-Fern, Maidenhair, Liquorice, Hops, Balm, Fumitory, Harts-tongue, Sweet Prunes, are convenient; and to their decoctions Oxymel is profitably added, by reason of the Vinegar that cuts the thickness of Humors.

If

If the Humor be aduſt, things that prepare thick Choler are to be uſed, and moreover the Juyce of ſweet Apples, which hath a peculiar prerogative here. Alſo it may be mixed from one, to two ounces, with the Decoctions of the ſaid Herbs.

Alſo a Syrup may be made of it, taking one part of clarified Honey, two parts of Juyce of good Apples clarified, and ſo boyl them to the conſiſtence of a liquid Syrup, to the conſumption of one third part.

Medicaments that allay Acrimony.

Thoſe that allay Acrimony, which either temper it with a pleaſant moiſture, and water the matter; or elſe do anoint it with an oyly, clammy ſubſtance, whereof there is excellent uſe in cutting the pains of the Heart, and Bloody-flux.

Theſe water and temper it; fountain Water, or river Water, ſweet Almonds, Emulſion of the four great cold Seeds huſked, Barley-water, and the Cream of Ptiſan made thereof, Jujubes, Lettuce, all Milk, eſpecially of Heifers, and Cows, Whey, Liquorice, ſweet Prunes, and Apples, Water-Lillies, Purſlain, Sow-thiſtles, the fruit of Winter-Cherries. Nightſhade, both Houſleeks, Venus Navil.

Of the Herbs, Decoctions or Syrups are made, which are made more ſweet and fit to temper the Humor, if you take Wine in place of Honey, and boyl it with an equal part of the Juyce of the Herbs, to a due conſiſtence.

Of theſe alſo are compounded Medicaments that are proper for ſome parts.

For pain of the Eyes, from ſharp Defluxions, a Cataplaſm of a ſweet Apple boyled in Milk is good, and laid warm to the Eye.

For the heat of Urine, the Decoction of Liquorice is ſingular, either alone, or with the fruit of Winter-Cherries, taken daily, ſix ounces in the firſt repaſt, when the Stomach is empty.

For the Gripings of the Guts; the Decoction of great Houſleek in rain Water, or two ounces of the Juyce of it in the Broth of a Chicken.

To theſe, add Lead only for outward uſes to anoint with, Oyls being beaten in a Mortar of Lead till they become thick.

The white and water alſo of an Egg, are very unctuous; ſo is white Starch in meats, new Butter, the fat Broth of the Entrails and the Head of a Kid, or Calf; alſo of the feet of Hogs and Calves; old Oyl, chiefly boyled with Fountain Water till the moiſture be conſumed. Amongſt Herbs, are Mallows, Marſh-mallows, roots of Borrage, and great Conſound; for the Decoctions of theſe Herbs are mucilaginous.

It is held for a Secret for the heat of the Urine, to drink the white of an Egg with the like quantity of Juyce of Lemmons.

For the Bloody flux, the Decoction of Marsh-mallows altogether.

Hitherto appertains the feet of Partridges broyled; the Powder whereof given to one dram, in Water of Coriander, if a Feaver be present, or if there be no Feaver, in black Wine, will cure an old Dysentery in three dayes.

For painful Ulcers, and Colds that are joyned with *Ophthalmia* or redness of the Eyes; the Balsom of Sugar dissolved in the white of an Egg that is hard boyled, and it is made excellent after this fashion; put powdered Sugar into a glass that is first well washed with strong Vinegar; then boyl it upon the Embers to a perfect redness, after that dissolve it by *Deliquium* in an Egg boyled hard, and the yolk taken out.

For outward Remedies; are profitably added, Goats and Deers suet, fresh Hogs grease, Kids fat, (whereof with Apples, is made the common *Pomatum*) the marrow of four-footed beasts, Wax, especially white Wax, and the mucilages of Lin-seed, Fœnugreek, Flea-seed, Quinces, the roots of Marsh-mallows, Mallows; of all which there is a peculiar use in healing the choppings of the Skin; yet the mucilage of Flea-seeds and Quinces is given inwardly, with inward Medicaments for pains of the Heart.

Scouring Medicaments.

Scouring Remedies seem to be contrary to such as allay, and temper, because they wipe away the clamminess, and what is fast to the Parts they scour off; of which kind are all salt, nitrous, sharp, bitter things, which are good for all foulness of the Skin, foul Ulcers, and Obstructions. But because the matter of these is manifold, to avoid all confusion in so great variety, we shall principally lay down here, such scouring Medicaments as are proper for the foulness of the Skin; and others that take away Obstructions, and purge Ulcers, may be sought for in the Title of things that open Obstructions, and breed flesh in Wounds, of which afterwards in the mustering up of Medicaments that respect Diseases.

These cleanse the Skin weakly; bitter Almonds, Peach kernels, Juyce of Lemmons and Citrons, Butter, chiefly that which is salt, *Antale*, Mother of Pearl, Bean flowers, husks, and meal, Fœnugreek, Bran, unhulled Barley, flowers and roots of white Lilies, leaves and berries of Bays, Dock, the wild and the sharp, especially the root of it, Milk, and the whey of it, Litharge, Mallows, root of *Solamon's* Seal, Scabious, all Natural Baths moderately hot.

Of

Of the Herbs are made Decoctions for Lotions and Baths.

Of the reſt are made divers Remedies to beautifie the Face, and take away the Spots; as alſo for Scabs and Itch,

To waſh the Face, and to make the Hands white, theſe are ſingular good: bitter Almonds, or Peach kernels bruiſed, and with Milk brought to the form of a Cataplaſm.

Alſo Bean meal wrought with Whey or Milk to the conſiſtence of a liquid Liniment.

Bread of Barley meal ſtamped with Milk, boyled a little, and when it is hot, rubbed on gently.

Alſo *Lac Virginis* is much commended, which is made of one part of Litharge, and two parts of Vinegar, they are mingled and ſhaked together, and ſoaked for three hours; afterwards the Vinegar being filtered, Rain water is put in, or Fountain water, in which a little Salt is diſſolved.

The moſt excellent to beautifie the Skin, is of this kind.

Take *Antalia, Mother of Pearls*, of each equal parts; pound them groſly, then lay them bed upon bed, with the juyce of Lemmons, and put them in a moiſt place till they diſſolve; and then uſe the Liquor as it is, or elſe diſtilled through a Filter, or *Balneo*.

For Itch and Scabs, theſe are the beſt Unguents:

Take *Litharge of Gold beaten and ſifted, three ounces; Roſe-water and common Oyl, (Oyl of Roſes is better) of each four ounces.* Drop in the water firſt by little and little, ſtirring of it conſtantly in a Mortar, with a wooden Peſtel, till the pouder have drank up all the water, and be mingled with it; then add the Oyl by little and little, ſtirring them alwayes till they be well mixed. *Or,*

Take *freſh Butter two drams, the root of the ditch Dock boyled and pulped through a ſieve, common Oyl, and juyce of Lemmons, of each one ounce; Bay-berries finely poudered and ſearced, two ounces.* Mingle them, and make a Liniment according to Art.

The juyce of Lemmons may be left out, and yet the Compoſition will be never the worſe.

Theſe do moderately ſcour for Lotions and Baths: Salt water, Bath water, Sea water, Nitrous water, Allum water, the Urine of a Boy that is ſound, May-dew, the juyce of ſowre Grapes, white Soap, the decoction of Agarick, the roots of Canes, Ivy of the walls, Lupines, the black Vine, and of Oleander.

For Oyntments, ſerve all the Rozins, chiefly of the Larch, and Turpentine trees, Myrrh, the inward rind of the Elder tree, Goats horn burnt, Cuttle-bone burnt, new Tobacco, the pouder of common Salt.

Of theſe ſome Remedies are made, proved good by Experience, both for Scabs and Spots of the Face.

For

For the Scab;

Take *the leaves of Oleander poudred and sifted two drams, common Salt one dram, fresh Butter one ounce and an half.* Mingle them for a Liniment. *Or,*

Take *the leaves of Tobacco one handful, Oleander and Bays, of each half a handful, Butter three ounces.* Beat them in a Mortar, till they be all well mixed; then melt it over the coals, and press it out strongly. *Or,*

Take *Bay-berries, Ashes, Salt, of each one dram; common Oyl three ounces, Wax two drams.* Mix them for a Liniment. *Or,*

Take *Rozin of the Larch, or Turpentine tree, two ounces; fresh Butter, one ounce; Oyl of Bays, juyce of Lemmons, of each half a dram; burnt Cuttle-bone, or Ceruss, or Litharge, one dram; common Salt two scruples.* Mix them for a Liniment. *Or,*

Take *the middle rind of the Elder tree, leaves of Tobacco, of each half a handful; common Oyl, three ounces.* Boyl them at a gentle fire until the moisture be consumed (a sign whereof is, if the Oyl poured into the fire, flame suddenly without cracking) make expression, and strain it: *then add most fine pouder of Myrrh, two drams; yellow Wax, one dram and a half.* Mingle them, make a Liniment.

Also this following Stone, if it be dissolved in some convenient Liquor, and then wash the place affected, with it, it takes away both Scabs and Itch.

Take *Roch-Allum, one ounce and an half; Litharge of Gold three ounces; Wax of the shops, Sea Salt, and white Lead, of each one ounce; the best Vinegar one pound, Rain water half a pound:* the Ceruss and the Litharge must be poudered and sifted; then boyl them in an unglazed Pot to the hardness of a Stone.

For Spots of the Face.

Take *May-dew purified by filtring, two pound; juyce of sowre Grapes, or Lemmons, or Oranges, one pound; roots of white Lillies, and Solomons Seal, of each two ounces.* Make infusion for two dayes, in Horse-dung, the vessel being close stopt; then distill them by the heat of the same Dung, to make a Lotion for the Face. *Or,*

Take *white Soap dissolved into froth with May-dew, or Vinegar, two ounces; meal of Lupines, half an ounce:* Mingle them and stir them diligently, and with a soft fire boyl them to a mean consistence: after that, add to them, *the Oyl of Peach kernels, three ounces.* Mingle them and boyl them at a gentle heat to the consistence of an Unguent, wherewith anoint the Face and the Hands before you sleep; and in the morning wash them with a decoction of Bran.

These do strongly cleanse for Baths and Lotions; Brimstone-Baths, Barley, the decoctions of Briony root, black Hellebore, Centaury the less, Sowe-wort, Elecampane root, especially if you add a little Salt, and Allum.

For

For an Epithems, the Water of Quick-lime.

For Oyntments: Borax of the shops, Nitre, Brimstone, black Soap, ashes of the Vine branches, Lime washed perfectly, the pulp of the root of Elecampane, Oyl of Tartar.

Of these, Remedies are compounded that are most profitable and proved by Experience,

For a crusty Scab, and like to the Leprosie, *Amatus Lusitanus* saith that this Unguent removes it, like to an Inchantment:

Take *roots of Elecampane boyled in Vinegar and pulpd through a sieve, two ounces*; *salt Butter, Rosin of the Larch tree, or Turpentine tree, of each half an ounce*; *common Salt finely poudred, two scruples*; *Brimstone one ounce.* Mingle them for an Unguent. *Or,*

Take *quick Brimstone, two drams*; *ashes of Vine branches, common Salt poudered, of each one dram*: bind them in a fine Cloth and let them boyl, in *common Oyl, four ounces*; *Vinegar, or juyce of Lemmons one ounce*: boyl them till the moisture be consumed, and with this matter, being hot, anoint the part that is Scabby. *Or,*

Take *quick Brimstone, half an ounce*; *common Oyl, three ounces*, dissolve it, then add, *beaten Salt, and Ashes, finely sifted, of each one dram*; *a little Wax*: mingle them for a Liniment,

For a Lotion:

Take *Roch-Allum, common Salt, and Brimstone poudred, of each one ounce*; *black Soap one ounce and an half*; *Barley one handful*; *white Vinegar, half a pound*; *common water, six pound.* Boyl them till half be consumed; strain them, and keep them for use.

For Spots of the Skin:

Take black Soap dissolved in a strong Lye, two ounces, Borax two drams, boyl them till they be thick: then add, the husks of Beans finely poudered, half an ounce; Oyl of Peach kernels, three ounces: mix them diligently till they be well united, and make a kind of Soap.

In the place of the said Oyl, you may use common Oyl two ounces, Oyl of Tartar ounce: mingle them, and anoint the place morning and evening, and wash the Skin with some of the said Decoctions.

Of this kind is the Soap that the *Venetian* Women use to deck their Faces, Hair, and Hands. The Composition is this.

Take damask Soap, four ounces; dissolve it in the juyce of Lemmons, what is sufficient: then add, Oyl of sweet Almonds and of Tartar, of each two ounces, let them stand in the Sun and be stirred every day, until they grow as thick as an Unguent. The part is anointed with this; and then it is washed with the decoction of Barley or Bran.

Old

Old Spots and Morphew are taken off with the water of quick Lime made with Whey, wherewith the discoloured place must be often touched in them; when the Skin comes off restore it again with Unguent of Litharge, described amongst weak scouring Remedies.

A man of great fame used this Remedy for a high Secret, and picked great store of Money out of the Pockets of great Ladies.

Remedies to Soften Hard things.

Though the hardned Humor may seem to be corrected by softening only, yet every hardness requires not remedies of the same force: for cold and dry Humors that are hardened by congealing, are melted with Heaters only, without any notable Dryers; which things are properly called Softeners. Yet Milk and Blood, when they are clotter'd and congealed, seeing they fall to that by want of their proper heat, they require things that heat exceedingly, or such as attenuate and cut.

Lastly, Milk made like Cheese, requires cold and moist things with some Thinners of parts, because strong heat separating the Whey from the thicker part, turneth it into Cheese.

Emollients, and proper remedies to Melt, are of two sorts: some are fit for Scirrhous Humors, which are somewhat stronger, and discuss the melted matter: some are gentler, and are fit for hardned Humors, without any singular stuffing, or plenty of matter; the use thereof must also precede in Scirrhous affects, before strong Emollients, that what is congealed may be the more easily melted, and more safely discussed.

The gentle Emollients are, Marsh-mallows, Borrage, Bugloss, Brank-ursine, Fœnugreek, Liquorice, Lin-seed, white Lillies, Mallows, Melilot, Raisins.

Of these may be made Decoctions, Syrups, Electuaries, for inward uses: also they serve to make outward Fomentations, Unguents, and Cataplasms, which are chiefly prepared with Butter, fresh Tallow, but especially of Mans Fat, and of new Wax, the Marrow of four-footed Beasts, the Grease of sheeps Wool, common Oyl of Olives well ripe, Suet, and the Mucilages of Marsh-mallows, Mallows, Fœnugreek, Lin-seed.

For Fomentations serve particularly, moist Wool that is properly washing of Wool, and Water and Oyl warm.

Compounds that are easie to provide, are of this kind.

For an Oyntment:

Take *roots of white Lillies, Mallows, Marsh-mallows, of each one ounce; Camomile, or Dill, of each one handful; white Wine four ounces;* con-

common Oyl that comes of ripe Olives, eight ounces: boyl them till the moisture be consumed, then press and strain them. *Or*,

Take the mucilage of Lin-seed and roots of Marsh-mallows, of each one ounce, Ox marrow and fresh Butter of each one ounce, common Oyl three ounces, new Wax three drams: mingle them for an Unguent.

For a Cataplasm:

Take roots of white Lillies one ounce, leaves of Mallows one handful, boyl them gently, then melt two ounces of Butter with them, and make a Cataplasm. *Or*,

Take roots of Marsh-mallows boyled and pulped through a sieve two ounces, meal of Lin-seed and Melilot, of each one ounce and an half, roots of white Lillies half an ounce; Ox marrow one ounce, common Oyl three ounces, decoction of Mallows, what will be sufficient, make a Cataplasm.

These are stronger that follow; for they are all used outwardly, except the Saffron and the root of sharp Bind-weed, which it may be agreeth with *Indian* Sarsa, both in kind and vertue: the rest are seldome given alone, but mixt with more gentle Emollients.

For Fomentations therefore, add roots of Briony, Sowbread, wild Cucumber, and Flower-de-luce fresh, with the decoction of these; an effectual Fumigation may be prepared by quenching a Fire-stone or a piece of a Mill-stone in it. Bituminous waters of Baths, serve of themselves for Baths and Fomentations.

For to anoint, Goose fat and Deers suet are good, so is Oyl pressed out of Nuts, the Lees of Oyl, and Oyl of Peter.

For Plaisters, take the roots of Jacinths, Daffodil, fresh leaves of Tobacco, and the flowers of Flower-de-luce.

By themselves, these serve instead of a Plaister: Bituminous dirt, Ox-dung, chiefly mixed with Lees of Oyl, and old Cheese kneaded with Broth of salt flesh.

These Cerats they add: dry Pitch, Rosin, Colophonia, Bitumen, Jet, Ammoniacum, which makes a Plaister it self if it be dissolved in sharp Vinegar.

Of these may divers medicaments be presently compounded that are effectual against Schirrous tumors. For example.

For an Ointment:

Take Sowbread and wild Cucumber of each half an ounce, white Lillies one ounce, Camomile and green Tobacco of each one handful, leaves of Spurge, Laurel half a handful, common Oyl one pound, white Wine four ounces, Vinegar two ounces, boyl them at a soft fire till half be consumed, then press them out.

A Cataplasm. Take a whole Onion boyled in Vinegar one ounce,

flowers

flowers of blew Flower-de-luce steeped in white Wine one pugil Goose grease half an ounce, beat them altogether and make a Cataplasm.

Some make a Cerate of white Pitch only, which they call *Burgundy* Pitch, which they hold for a secret and prefer it before Ammoniacum.

These dissolve and hinder clotted Blood; Vinegar, Posca, Oxymel simple, the decoction of round Aristolochia, Calamints, Savory, Tyme, the shells of green Nuts.

Yet the Decoctions are made stronger with Posca, as the Runnet of a Hare drank to one dram with Water and Vinegar.

A present and excellent remedy is made of a Lye of Vinegar, Salt and Honey, after this fashion.

Take of Lye three ounces, Vinegar two ounces, clarified Honey half an ounce, common Salt one scruple; mingle them at a soft fire, for to drink.

Also if Oxymel be prepared, boyling Honey with the first VVine that comes forth without pressing, till all the scum be taken off, it will be a pleasant and effectual remedy.

For curded Milk; gentle softners are convenient, mixt in Fomentations with Garden Smallage, mountain Smallage, Cummin, fresh Mint, and Rue, adding a little quantity of Vinegar.

In Cataplasmes: Bean meal, Lintels, with Oxymel or Mulsa, or Vinegar.

This following Fomentation is approved.

Take *leaves of Mallows, roots of Marsh-mallows, Herbs, Garden Smallage, mountain Smallage, roots of Feanel, of each one handful; leaves of Bays, flowers of Camomile, of each one pugil; common Water six pound:* let them boyl till a third part be consumed, to foment and wet the Breasts; of the rest an excellent Plaister may be made.

These that follow are proved Remedies.

Take *Turpentine often washed in white Wine three ounces, Saffron one Scruple, yellow wax two drams:* mingle them, and make a Cerate to be spread on a linnen Cloth, leaving a hole that the Pap may come forth to be sucked. *Or,*

Take *Bean meal three ounces, common Oyl two ounces, Turpentine one ounce, two yolks of Eggs, Saffron one scruple, with the decoction of Mallows and Parsley, made with Vinegar, what is sufficient:* mingle them and make a Cataplasm.

Also fresh Butter washed very well in the decoction of Mallows, and mingled with the pouder of the roots of Mallows or Marsh-mallows, to the consistence of an Unguent, and laid on upon a Colewort leaf, is a most excellent remedy for pained Breasts and hardned by the Milk stopped in them.

This

This also is singular:

Take common Oyl of ripe Olives, new Wax, of each a like quantity: mingle them, then wash them well three times in Rose-water, and lay them on with a Colewort leaf.

The same remedies serve for clotter'd Milk, tempered with cold and moist ingredients, and with a greater quantity of Vinegar.

Yet a Plaister of Bran exceeds them, or of Barley boyled with Vinegar, adding thereto a little Saffron.

Also a Cataplasm of Bean meal with the decoction of Night-shade that bears Winter Cherries, made with Vinegar, which is made most effectual if you mix the Runnet of a Hare with it, and fresh Butter.

Hitherto we have spoken of Remedies to correct the manifest quality of the causes of Diseases; but the hidden quality, since it is venomous, and is in those things that are faulty in substance, it requires remedies against Malignity, which we shall set down afterwards, amongst those remedies that are opposite to the cause that is preternatural by the whole kind.

Remedies that move Preternatural matter that lieth still.

Want of motion in those things that by nature should move at certain times, falls out principally when the courses are stopt, or in hard Labour in Child-birth, or when the Secundine stayeth behind, as also when the blind Hemorrhoids are bred within; these are remedied by such things as procure the Courses, help Travel, drive out the Secundine, and the Child that is dead, and also provoke the secret Piles.

Remedies that move the Courses.

Those things that properly move the Terms, do melt the Blood and open the Orifices of the Veins; the matter whereof being it is of large extent, *Galen* distinguisheth it into three ranks; Gentle, the use whereof is when the Terms are diminished; Mean, which are more fit for the Terms that are stopt; Forcible, such as are used as the last remedies when other helps profit not; and these are not given inwardly, but in Pessaries, or Infusions.

The chief and most obvious amongst the Gentle, are, Maidenhair, red Chiches, the first Broth of them, Cats-tails of Walnut trees, flowers of Stock-gillistowers, dried in the shade, white Lillies, flowers of Balm, common Maidenhair. Cinquefoil, of these are made Decoctions and Syrups, chiefly with Aromatical white Wine.

These remedies are counted to be the most effectual of them.

Take Maiden-hair or common Maiden-hair half an handful, flowers

of

of Wall-flowers dryed one ounce, sweet white Wine six ounces; make infusion for twelve hours, then boyl them softly, till a third part be consumed; strain it, add Saffron three grains: mix all for to drink hot. *Or,*

Take *Walnuts that are dry but not rank, half an ounce, Broth of red Chiches four ounces, odoriferous white Wine two ounces: boyl all to a third part, strain them, and add Saffron three grains, or Cinnamon six grains.* Mingle them for a potion.

Also the frequent use of Walnuts is held to move the Courses by their property, and therefore Women make profitable Cakes and Puddings of Nuts, green Parsley leaves and Saffron.

To anoint the Hypogastrium outwardly, is made an Oyl of Wall-flowers, by setting in the Sun, or else of Lillies: also presently an Oyl is made by descent, of the roots of white Lillies, and the tops of Dill and Camomile.

The Mean are; round Aristolochia, Mugwort, all Spices, amongst which Cinnamon and Saffron are preferred, Garden Daisies, Double-tongue, Calamint, chiefly of the mountain, both the Dittanies, the root of Sword-flag, Featherfew, Marjerom, Mercury, Horse-mint, Bazil, Penniroyal, Savin.

Of which are made, Decoctions, Syrups, Electuaries, or one dram of their pouder is given in white Wine that is spiced.

To these: Dry remedies, as Pouders, Bolus and Pills, Borax of the shops is profitably adjoyned, or Myrrh, flowers of Brimstone, and Nettle-seed.

The Decoction of Garden Daisies dryed, is held for a secret given in white Wine spiced.

Also the Decoction of Nettle-seed one ounce, in white Wine.

So is the Decoction of the leaves of Garden Groundsel, plucked off downward, in white Wine or Broth of red Chiches.

Also bastard Dictamni of *Mathiolus*, either in decoction or in pouder, and drank in white Wine.

Also one dram of the sowrest Leaven or thereabouts, dissolved in white Wine, and drank without or with a little Saffron.

So is the seed of Nigella one dram, with one scruple of Cinnamon in white Wine.

Also this Pouder is most effectual.

Take Borax of the shops one scruple, Cinnamon, roots of round Aristolochia, leaves of Savin and Dictamni of *Crete*, or Nigella-seed half a scruple, fine Sugar two scruples, mingle them, and make a fine pouder to take at once in the Broth of red Chiches, or the best white Wine.

Also Physick-Wine may be made, whereof four ounces drank hot in

a morning for some days together, before the usual time the Terms e wont to come down, will forcibly provoke them; and it is thus nade.

Take Herbs; Mugwort, mountain Calamint, Penniroyal, Savin, f each one pugil; Cinnamon, Annis seed, of each one dram; Saf- fron one scruple, cut the Herbs and bruise the Seeds, and for twenty our hours infuse them in strong white Wine two pound, then boyl hem a little and strain them.

Outwardly the waters of hot Brimstone-baths are convenient, also he Decoctions of the foresaid Herbs, wherewith are provided Fomen- ations and Infusions for the Matrix; also fumes are made which must e used on such as are subject to fits of the Mother, burning under hem such things as smell sweet, which may be used indifferently for thers, by mingling sweet and stinking things together; for sweet mels do open the passage of the Matrix, and stinking things do stir p the Expulsive faculty to Vacuation.

For a sweet smell, Spices are good, Bay-berries, grains of Juniper, Marjerom, Myrrh, roots of Dog-fennel, Savory, Tyme.

But for a stinking smell, serve Bitumen, Jet, Rue, Brimstone, and ome ordinary Gums, but chiefly *Asa-fœtida*, and *Sagapenum*.

Lastly, Pessaries are singularly commended of Garlick bruised with Oyl of Spike, also of the Juyce of Mercury, or the Juyce of the oot of Dwarf-Elder made up with Wool.

For a secret are held the Leaves of the greatest plants, put under the aked soles of the Feet, and worn there.

Violent remedies which are mingled with other remedies, either Pessaries or internal Medicaments, are the Roots of Cuckoo-pint, and Dragons, of Briony, Coloquintida, Sowbread, both Hellebores, a Gall, but chiefly of an Ox, water Pepper, and the seed of Staveſacre.

Helps for Delivery.

Those things that move the Terms do also help to Deliver, but beside them, these do singularly yield help, the Dung of a Hawk drank one dram in white Wine.

The Dung of a Falcon, the same dose drank in white Wine.

The Testicles of a Horse that is gelded, cut into slices and washed in white Wine, and then dryed in the smoak, the pouder of it is given to one dram in spiced Wine.

The root of Horse-tongue, the herb Motherwort, the pouder of them is given a whole spoonful, or the juyce in hot white Wine.

Fallopius holds it for a great secret, to take one scruple of Borax of the shops in the decoction of Fetherfew, or Savin.

Also the Travail is made the more easie, if Women eat Snails in their meats some days before their Delivery.

Also a Turtle roasted, whose belly is stuffed with Bay-berries, Juniper-berries and Cinnamon, being eaten every other day before the time of Child-birth.

But outwardly, when the Throwes are upon them, the Eagle-stone bound to the Thigh is a help, so is the Jasper, and the Coral used the same way, and the Load-stone held in the left hand.

Remedies to drive out the Secundine.

Those things that were now propounded to be taken inwardly to help Delivery, do also help to drive forth the Secundine.

But particularly these are good, the decoction of Sage in white Wine, the root of the Bays of *Alexandria*, seed of Honey-suckles, the seeds or root of Sesely of Marcelles, the pouder of them is given to one dram, in hot Wine or the decoction of Sage, also the pouder of Bay-berries is effectual to one dram, taken in white Wine or water, or the decoction of white Lillies.

Also this Pouder is commended.

Take roots of round Aristolochia and Myrrh, of each half a dram, Pepper one scruple: make a Pouder to be taken in a Decoction of equal parts of Maiden-hair and common Maiden-hair.

Also these are held for approved, the pouder of Dictamni drunk in some convenient liquor, and the foresaid pouder of the Testicles of a Horse.

Remedies to open the Hemorrhoids.

If the blind Piles swell, they may be opened by rubbing them with the leaves of Borrage, of a Fig-tree, wild Cucumber and Briony, also the internal use of Aloes helps, but if these do not profit, you must set on the Leeches.

Remedies to force out the dead Child.

Those things that expell the Secundine, force out the dead Child also.

Especially, vertue is ascribed to Dittany, both in drink, and perfume.

Also the Milk of the first litter of a Bitch being drank is very good in particular.

Water-Parsneps taken for a Pot-herb in meat.

The juyce of Scordium drank to half an ounce with Saffron.

The fume of Pigeons dung, of Brimstone, of the cast Skin of a Serpent.

Also, we must not neglect in this case such things as tyed to the Thigh do ease Child-birth.

Amongst the approved Remedies, these two are extolled.

Take mineral Chrysocolla two scruples, or Borax one dram, Cinnamon and Saffron of each one scruple; mingle them, make a Pouder to be given in white Wine, or the Decoction of Mugwort.

Also take Chrysocolla of the mines, or Borax half a dram, Dictamni one scruple, juyce of Savin half an ounce, white Wine what is sufficient; or if there be a Feaver, take the Decoction of common Maiden-hair, or Maiden-hair three ounces; mingle them.

Remedies that quiet the Matter, that is carried with a wrong motion.

Such things as are moved preternaturally, are quieted by revulsion to the opposite part; and those that repell from the part that receiveth, and such as make a stop between the part that sends, and the part that receiveth; also by things that thicken the matter that runs, and by such as bind up the passages, by which the flux is conveyed.

Those things intercept, which are set down to prepare thin Choler, and such as by an unctuous quality do asswage the acrimony.

All those things that bind up the passages do repell also, of which we shall speak a little afterwards; and besides those, all cold and moist things that by thickning intercept, of which we spake before.

Those things that make revulsion, namely, such as are called Rubificatives reckoned amongst those things that evacuate intensibly; also Vesicatories made of Cantharides, in Cerats or Plaisters, or of Crow-foot, or the roots of the lesser Crow-foot bruised alone, and laid on for a Cataplasm.

The form of a Cerate.

Take *whole Cantharides half an ounce, seeds of Ammeos three scruples and an half, Rosin five drams, Wax two drams*: mingle them for a Cerate for four Vesicatories, fit for a Body that is of ripe years: for Children and softer bodies, half so much is sufficient.

For a Plaister for four Vesicatories:

Take *three or four drams of Cantharides, (for a harder or softer constitution of the Body) Mustard four scruples, seeds of Ammeos one dram, the sowrest Leaven one ounce and half, the sharpest Vinegar what is sufficient*: make a Plaister.

The sharpest Vinegar is Vinegar of Squils, and that which may be presently made of the decoction of Garlick, Wake-robin, or red Onions: or the said Cantharides are bruised and made up with crumb of new bread, or with Figs; then moisten the matter with the sharpest Vinegar and make a Plaister.

Also, a Bladder may be presently raised, by dropping on scalding Oyl or Water, but so that the matter may be sprinkled through a large hollow Cane, least it should spread further than is fit: or else the Oyl must be dropped on the part that is fenced about with a Circle of Wax or such like, so large as you desire to make the Blister large.

Remedies that root out the Cause that is offensive in the whole substance.

Those bodies offend in substance, and are Preternatural by the whole kind, that stick in the wounded part; as Worms, Stones, Poysons, Corruption: for these, are proper such things as can draw them out, kill the Worms, break the Stone; Preservatives against Poysons, and such as can remove Corruption.

Remedies that draw out: These, though they must hold proportion with the Bodies that are fastned in, for which cause several remedies draw out several matters; as the Load-stone draweth Iron, Amber draws Chaff; and some are indifferent to draw out any things contain'd in Wounds; namely, Pimpernel, roots of Canes, root of round Aristolochia, Dittany, the upper root of Sword-flag, a Lizards Head, Bee-Glew, the root of stinking Gladon, the middle rind of the Teil-tree, Bird-lime; all which are put into Plaisters, either bruised alone, or else are applyed with Wine to the wound.

Some do attribute a wonderful force to draw forth all things that are fastned in, and that from the deepest parts of the body, to a Fox Tongue pulled forth in the month of May and dryed; and when you will use it, steep it in Wine until it grow soft, and so lay it hot to the Wound.

Some again ascribe the same force to the Fat and Skin of a Hare, prepared the same way, but it differs something from things that draw out, by the manner of application; for it draws not things fastened it toward it self, but drives them from it; and therefore it is not laid on the mouth of the Wound, but on the part against it of the same member; as if a Blow being given on the fore-part of the Head, something sticketh in it, they say it will be driven out by laying the said matter to the Noddle.

Rem-

Remedies for Worms.

Of these some do only kill them, and some kill them and drive them forth: of remedies that kill them, some are most fit for broad Worms; some for round Worms, and some for the Bots. Other things there are that are contrary to all kinds of Worms, and for their singular faculty by which they kill Worms may be set down for the poysons of Worms.

These kill broad Worms; Garlick, Bay-berries, the roots of female fern, the great Turnsole, the root of the Pomegranate, the rind of the root of the Mulberry, Nigella seed, Walnuts, Tobacco, Vitriol; they are given in substance to one dram, or in Decoction: chiefly in Vinegar or sweet Lixivium.

These things kill the round Worms, and the Bots; Vinegar, juyce of Oranges, Citrons, Lemmons, Cole-seed, roots of Bistort, Carduus Benedictus, roots of Grass, Bole-armoniack, Mother-wort the herb, Cross-wort the root, Vervins, juyce of Purslain, root of Devils-bit, Terra sigillata, Tormentil, root of Swallow-wort.

These kill and drive them out; all kinds of Wormwood, Southernwood, bitter Almonds, salt Bath waters, seeds of Citrons and Oranges, Germander, white Dictamni, the root of both Gentians, Lixivium, Lupines, Myrrh, Horehound, Peach kernels, flowers and leaves, Rue, Scordium, Brimstone, Nettle-seeds.

Of these, some remedies are suddenly made that are proved by experience.

For example in Drink, thus;

Take *the Emulsion of one dram of the seeds of Citrons or Oranges prepared, four ounces of sweet Lixivium, adding sweet Wine two ounces:* mingle them. *Or,*

Take *wormwood in powder one scruple*, put it into an Orange that is moderately dryed, with a little Sugar and Vinegar; boyl it on hot embers, then press it out to drink.

These are accounted secrets; either the tops of Eupatory of *Avicenna*, or of Sea-Wormwood that bears seed, given from one scruple to one dram or thereabouts, in Wine or Milk, or some such Liquor.

For external remedies, are presently provided, Epithems of Aloes and Myrrh, bruised with Vinegar, or mingled with Ox Gall; also Fomentations with Wormwood, made hot on a fire-hot Tile, and sprinkled with Vinegar, or with Peach leaves stamped with hot Vinegar.

For to anoint; such an effectual Oyl may be provided.

Take *these Herbs; common Wormwood, Carduus Benedictus, Scordium,*

Tobacco, of each one handful, root of Sowbread half an ounce, Coloquintida two drams, common Oyl two pound, the sharpest Vinegar half a pound: boyl all at a soft fire, till the moisture be consumed; add to the strained matter, *Myrrh one ounce*, in powder; boyl them again at a gentle fire till the Myrrh be dissolved, then strain them.

But these are the very poysons of Worms: Harts-horn, Hempseed, or leaves, or juyce, Corallina, or Sea-mosse, the juyce of new Elecampane, the pouder of Earth-worms, Goats-rue, Quick-silver well cleansed.

Also common Mercury well prepared may be given, (I say well prepared) to one scruple or thereabouts, made up into a Pill with leaf-Gold.

Also Wine is effectual, wherein the said Mercury hath been steeped all night, or well stirred with it: it is well purged for this end, and made without danger if it be stirred well with the juyce of Rue in a Glass vial till it be perfectly white.

A pleasant and effectual Vinegar is provided, if in one pound of Vinegar, there be steeped two dayes, tops of St. Johns-wort one pugil, rasped Harts-horn half an ounce, broken Cinnamon one dram; then strain it for use: it is taken in Sallets, or in a Spoon, with a little Sugar.

Remedies to break the Stone.

Writers have set down a great many more than are approved to be good, unless we may suppose this to proceed from the diversity of the Stones; for some Medicaments break Stones in the Kidneys, by which the Stones of the Bladder are not touched, nor can all those things that dissolve soft brittle Stones, and that are made of Sand, not yet compacted together, break in pieces hard Stones that are glewed fast, and made of a clammy and dryed matter: again, some Medicaments break the small Stones and that are gravelly, and drive them out by their ruggedness, which can work no effect upon the greater Stones in the Kidneys; therefore it is worth the labour to distinguish these remedies into a threefold order: into those that dissolve a hard Stone; into those that dissolve a soft Stone, and not yet fast compacted out of Sand; and into those that drive out small Stones and Gravel. Of all sorts these are the most obvious to be provided.

For small Stones and Gravel:

The shells of Wood-nuts, the seed of yellow Marsh-mallows, or Abutylon, the Calx of the shells of Eggs, the stone of Spunges, the Winter shells of Snails, the bones of the Head of a Pike in pouder, the stone found in the Head of a Snail, Crabs eyes, stones of Medlars,

Mal-

Mallows seed, Golden rod; these are given in pouder, one dram in Broth of red Chiches.

For a Stone that is yet soft and gravelly, Ammi, roots of Fullers Teasels, the bark of Bay-trees, Eringo roots, root of an Ash, the root and rind of Broom, the seed of both Rochets of *Mathiolus*, the seed of the lesser Bur-dock, wild Mints, the seeds of Nigella and Rose Corn, the rind of Radish, in a Decoction.

They are given in pouder to one dram in the Broth of red Chiches, or some Diuretick decoction.

For a Stone that is hardened and grown great; The pouder of a Bears tooth, the ashes of a calcined Grashopper, the kernels of Cherries, Borax of the shops, Maiden-hair with a trembling tayl, the ashes, and the flesh, and the dryed blood of an old Cock, Cherry-tree Gum, the ashes of young Swallows, the juyce of Lemmons, the ashes of a Hare burnt skin and all, the ashes of Earth-worms, Sow-lice washed in white Wine, burnt and dryed; Pimpernel, Saxifrage, the fruit of Bladder-Nightshade, or Alkekengi, the root of Saxifrage, Goats blood, also Hares blood and Foxes blood dryed, the ashes of Scorpions, land-Calthrops, roots of Nettles, the seeds of blew Violets; these same do move powerfully, drive out Sand, and are convenient for the soft Stone.

Of Compounds easily to be provided, these are the most approved, and are held for secrets.

Take *Goats blood, the Goats being first kept in Gardens of Saxifrage for a month, and the best Myrrh, of each half a dram, Broth of red Chiches three ounces, juyce of Lemmons one ounce*: mingle them to drink. *Or,*

Take *the blood of a Fox, taken from him when he is alive, and white Wine, of each equal parts*: boyl them at a gentle fire in a glazed Pot, to the form of a Furmenty; give five ounces of it for eight dayes together. *Or,*

Take *Sows-lice prepared one dram, Aquavitæ half an ounce, decoction of red Chiches nine ounces*: pour the Aquavitæ into the Broth, whilst it is hot, and take this warm six hours before meat for nine days together. *Or,*

Take *Borax of the shops one dram, the broth of red Chiches four ounces, Aquavitæ two drams*: mingle them to drink. *Or,*

Take *seeds of blew Violets half an ounce, the decoction or the water of Veronica or Golden-rod six ounces*: make an Emulsion to be given for seven dayes.

Also, Take *the juyce of Calthrops, chiefly that on the land, six ounces*: drink it warm by it self, or with the juyce of Lemmons, so the juyce of Golden-rod drunk for some days is held most effectual.

Remedies that move Corruption.

Although these do not immediately root out matter that is preternatural by the whole kind, but do rather yield assistance to Nature that labours to concoct it; yet when the matter is concocted, that it may be more soon and safely purged out, they do mediately concurr also to this work.

Those things do by themselves move Corruption, that do maintain the heat of the part, either by the likeness of their temper, or by the influence of their heat, hindering the stopping up of the pores.

Those things do move Corruption by accident, which repress the exceeding of the matter, and make the Blood that is mingled so pliable, that it is overcome by innate heat.

For the parts and Constitutions that are over hot; boyled Onions, fat Figs, Saffron, Fœnugreek, Lin-seed, the root of white Lillies, Frankincense, are convenient: and outwardly, Goose-grease, Goats tallow, Leaven, and all kinds of Rosins.

Plaisters may be presently made thus;

Take dry Pitch melted in Oyl what may suffice, make a Plaister. *Or*,

Take *any kind of Rosin, yellow Wax, of both equal parts*: mix them for a Cerate, to which you may add a fourth part of Goose-grease, and so make an Unguent. *Or*,

Take *roots of white Lillies boyled and stamped, two ounces, meal of Lin-seed and Fœnugreek, of each one ounce, Saffron one scruple, common Oyl one ounce and an half, the decoction of white Lilly roots what is sufficient*: make a Cataplasm.

Leaven by it self kneaded with Goats-grease is most effectual.

For parts and constitutions that are temperate these are fit: Marsh-mallows, sweet Almonds, Butter, yolks of Eggs; to which in outward medicaments may be added Mans fat, Cocks fat, fat of Wool, Whey, yellow Wax, Bees-glew, Wine, Wheat meal purged from the Bran, common Oyl of ripe Grapes that is not too old.

Some living creatures serve for Plaisters, chiefly young Whelps.

Of the rest Plaisters may be made suddenly thus:

Take *wheat meal or crums of Bread moderately leavened two ounces, common Oyl one ounce, hot Water what is sufficient*: make a Cataplasm. *Or*,

Take *leaves of Mallows one handful, Butter one ounce*: fry them together in a Frying-pan, then beat them for a Cataplasm. *Or*,

Take roots of Marsh-mallows boyled and passed through a hair-sieve two ounces, meal of Fœnugreek or Wheat one ounce, two yolks of Eggs, common Oyl one ounce and an half; mingle them and make a Cataplasm.

This

This is an excellent Unguent to ripen corruption, and to break an Impoſtume.

Take the ſharpeſt Leaven and yolks of Eggs, of each equal parts, common Oyl and Saffron of each a little, make an Unguent, and lay it on with a Colewort leaf.

For parts and conſtitutions that are cold, theſe are convenient; hot Water poured on, Water and Oyl, Milk, Barley meal, Quinces boyled in Milk, leaves of blew Violets, and Bird-lime of Apple-trees.

A common Plaiſter is prepared of crums of Bread with Milk and common Oyl or Oyl of Roſes. *Or*,

Take leaves of Mallows and Violets of each one handful, boyl them and bruiſe them, adding Barley meal and common Oyl or Oyl of Roſes, of each one ounce; mingle them and make a Cataplaſm.

If it fall out in reſpect of ill matter, that cauſeth the tumor, that there is need of ſuch things as move corruption by accident, that is, of ſuch things, that muſt equal the exceſs of the peccant matter, which otherwiſe were convenient for hotter conſtitutions, they will be convenient for colder tumors, becauſe they attenuate and heat the cold, thick matter; and ſuch as are convenient to colder conſtitutions, will be convenient for hotter conſtitutions, becauſe they reſtrain the heat of the matter.

Whence it is clear that thoſe temperate remedies ſet down, will be moſt fit for all occaſions, ſometimes mixt with hot, and ſometimes with cold ingredients, as the affect that wants ſuppuration inclines moſt to heat or cold.

Remedies contrary to Poyſons.

Such are properly Antidotes, that by the property of their ſubſtance, or by their whole temperament, do oppoſe the force of Poyſons.

Thoſe Medicaments are called ſo improperly, which do vanquiſh Poyſons by ſome apparent exceeding quality: ſuch are contemperating Medicaments, that are oppoſite to Poyſons in exceſs.

Coolers, that are oppoſite to Poyſons that inflame; and heating Cordials that are contrary to Stupifying Poyſons that extinguiſh heat.

Though there are proper Antidotes fit to be given for all Poyſons, yet what is truly a kind of Poyſon, can be known by no proper ſigns; whence it comes to paſs that we are alwayes ignorant of all Antidotes that are contrary to all Poyſons; the knowledge whereof may therefore ſeem ſufficient both for the prevention, and cure of Poyſons.

To make the matter more clear, there may be aſſigned three ranks of Antidotes againſt Poyſons; ſome are chiefly oppoſite to Poyſons

that

that are bred in us; either from some extraordinary putrifaction, or some other unspeakable corruption, and those are especially useful in malignant Feavers and the Plague: others afford help when we have taken Poyson; others do cure us when we are poysoned by Bitings, by Wounds or by Fight.

Antidotes for malignant Feavers and the Plague: those that are hot are convenient for a cold time and a cold constitution, but cold and temperate are best in a hot time, and for a hot constitution.

The hotter kinds are; holy Thistle, Star-thistle, the peels and seeds of Citrons, the root of white Dictamni, Myrrh, great Chervil, Scordium, Devils-bit, Goats-rue, Scorzonera, great Valerian, the root of Swallow-wort.

The temperate are; the whole Citron, the juyce of it, as of Oranges also and Lemmons, Borrage and Bugloss, Bistort, Bole-armoniack, both Blew-bottles, Harts-horn, common Pimpernel, Cinquefoil, Scabious, Tormentil, Terra sigillata.

Of these some Medicaments may be made cheap enough, which are not inferiour to the most precious Bezoarticks brought from foreign lands.

First, this Syrup is most profitable, made of the whole Citron, which is temperate enough, and fit for all constitutions.

Take *a whole Pome-citron sufficiently ripe and full of Sap, weighing one ounce, and break it on a Grater; the root of Scorzonera one ounce, the herb Scordium one pugil, seeds of holy Thistle two drams, Water distilled out of the juyce of pleasant Apples and Sorrel of each two pound, spirit of Vitriol four scruples, or in the place of it, juyce of Lemmons two ounces:* Bruise what must be bruised and make infusion for thirty hours, the Vessel being very well stopped; then let them boyl gently to the consumption of one third part, afterwards press them out strongly; let the strained Liquor be clarified by degrees at a gentle fire, infusing alwayes some flowers of Oranges or Citrons till it be perfectly clarified; then add *fine Sugar one pound and an half*; boyl it at a most soft fire, to the consistence of a liquid substance; the dose is from half an ounce to two ounces.

Also, an Oxymel that is something hotter is excellent.

Take *holy Thistle, Goats-rue, Scabious, Bugloss, Sorrel, of each one handful, roots of Scorzonera, Tormentil and Swallow-wort of each one ounce, fountain Water four pound*, make infusion for one day; then add, *the best Honey one pound and an half*; boyl them at a soft fire till the Honey be well purified: having made expression and well strained it, add of the *best Vinegar*, in which the whole Citron bruised on a Grater hath been steeped and boyled ten ounces; boyl all at a gentle fire to the confistence of an Oxymel.

Also

Alſo an effectual Vinegar may be prepared, of which one or two ſpoonfuls may be put in Broth that is altered, or taken with meats.

Take *a whole Citron raſped with a Raſper, prepared Harts-horn, Bole-armoniack of a yellow colour, of each two drams, roots of Biſtort, Tormentil, of each one ounce, ſeeds of holy Thiſtle one dram, leaves of Scordium one pugil; the beſt Vinegar filtered*, that it may cover all, about four fingers high: bruiſe all the ingredients groſly, and infuſe them in the Vinegar, in a Vial very well ſtopt, and let them ſtand in the Sun, or in ſome hot ſtove for ſome dayes; ſtirring the matter dayly, until the colour of the Vinegar do not ſeem to be changed any more; then ſtrain it, and keep it for uſe in a Glaſs veſſel ſtopt.

This Pouder is profitable for malignant Feavers.

Take yellow Bole-Armoniack, prepared Harts-horn, roots of Biſtort and Tormentil, ſeeds of holy Thiſtle, Sorrel, Citron pills, of each one dram, Camphire and Saffron five grains; mingle them for a Pouder.

The Doſe is from half an ounce to one ounce, in Broth or Bolus made with juyce of Citrons or Lemmons; it may alſo be put into a Panada, or Ptiſan: Alſo the Pouder may be made up with a little Gum-Tragacanth diſſolved in Roſe-water or juyce of Citrons, made into a hard Ball like to a Bezoar-ſtone, which being dryed again will hold its vertue the longer.

Outwardly the foreſaid Vinegar will be profitable, altered with a whole Citron to ſmell to, and for Epithems for the heart; being added to the waters or decoctions that are convenient.

Some ſay that Brimſtone held conſtantly in the mouth, doth preſerve from the Plague.

Theſe things taken, are good for Poyſons, beſides thoſe we mentioned before; amongſt things that are hot, Ammi, the roots of both Angelica's, the root of Anthora, Annis-ſeed, round Ariſtolochia, all Spices, Seeds of Colewort, root of white Thiſtle, flowers of Clove-gilliflowers, root of Croſs-wort.

The flowers and tops of Heath, root of Elecampane, Juniper-berries, root and ſeed of Lovage, Turnep-ſeed, Walnuts, roots of Pulemonia, Garden Rue, roots of One-leaf.

The more temperate are; Water kept in a veſſel of Serpentine ſtone, Ivory digged up, Harts-Muſhroms; the decoctions of Acorns of the Oak tree, ſeed of St. Johns-wort, Earth of *Malta*.

The pouder of thoſe aforeſaid may be given to one ounce in the beſt Wine, or in warm Vinegar, or both mixt together.

Compounds may be diverſly provided, as every man pleaſeth.

It is a famous and ancient Antidote, that is made of a Walnut, with three leaves of Rue, and a Fig taken every morning.

Alſo

Alſo *Theriaca Diateſſaron* is eaſily prepared for this purpoſe.

Take roots of Gentian and Juniper-berries, (but againſt Poyſon I ſhould prefer Bay-berries) Myrrh, roots of round Ariſtolochia, of each two ounces, clarified Honey two pound, make an Electuary.

There are alſo famous Pouders againſt Poyſons and the Plague, that are eaſily made; as that which is called *Griſeus Cæſaris*, and *Saxonicus*, the deſcriptions whereof are to be found in *Weckerus*, lib. 2. *Antidot. Spec.* ſect. 20.

This Vinegar alſo is good againſt Poyſons and the Plague.

Take roots of wild Angelica dried in the ſhade, Juniper berries, of each one ounce, Myrrh half an ounce, leaves of Rue one pugil, Cinnamon one dram; bruiſe all groſly, and infuſe them and digeſt them for eight dayes in the beſt Vinegar, (Roſe-Vinegar is better) one pound and an half, then ſtrain it, and take every morning one ſpoonful faſting.

Outwardly they commend a Radiſh cut in pieces, and born under the Arm-pits, provoking the Patient to ſweat in the mean time.

Theſe Oyls are famous of the great Duke, of Scorpions of *Matthiolus*, in the room whereof, other Oyls are not ſo hard to make, and of as much vertue may be compounded. *As*,

Take Oyl of ripe Olives (the riper the better) three pound, white Wine ſpiced one pound and an half, roots of Gentian, Tormentil, Maſter-wort, Swallow-wort, common Angelica, of each one ounce, tops of St. Johns-wort, leaves of Tobacco and Rue, of each one handful, grains of Juniper and Bay-berries of each half an ounce; make an infuſion according to art for four dayes in a veſſel very well ſtopt, then let them boyl till the moyſture be almoſt ſpent, preſs them out, and ſtrain them.

Againſt Bitings and Wounds that are venomous, inward Antidotes are convenient, mixt with Cordials.

But outwardly the ſame are good mingled with Attractives, that draw the Poyſon to the wounded part, and keep the wound open, till the venom be purged out; ſuch are all the hotter Agents and Rubificatives, of which we ſpake elſewhere.

But properly Antidotes are, Ammi-ſeed, long Ariſtolochia, Bdellium, both Dictamni, the roots of both Sword-flags, the brains of Dunghil-Cocks, Origanum, Pimpernel, Saxifrage, root and ſeed of the Clot-bur, Goats-Rue, Goats-beard, and the leaves of all kinds of Scorzonera, and the juyce of the roots; all thoſe are taken in hot white Wine.

The Antidotes that I ſet down againſt Poyſons taken, do almoſt the ſame thing: But this muſt be generally taken notice of, that the fleſh of any Venomous Creature laid to the biting or wound, that

that

that creature made, doth draw out the venom; whence it comes to paſs that the Pouder of water Serpents; but eſpecially of Vipers, is ſo famous againſt the poyſon of all Serpents: and if we may believe report, it is good to cure and to preſerve alſo againſt all Venoms, ſo that if the pouder be once taken to half a dram in ſpiced Wine, ſome maintain that the body is made impregnable againſt all Poyſons for many days.

This Pouder is prepared three wayes, and firſt thus:

Take the Heart, the Liver, and the three firſt Back-bones of a Viper or wood Snake, dry all in an Oven, beat them into Pouder, add the root of Maſter-wort an equal part and mingle them.

Secondly Vipers fleſh, the entrails being taken out (except the Heart and the Liver) muſt be cut, and ſeaſoned eight dayes with Salt, then put all into a Sieve that is well guarded on every ſide, and underneath raiſe a ſweet perfume four or five times a day conſtantly, caſting on fire-coals the pouder of Myrrh, Bay-berries, grains of Juniper and Cloves, and when the fleſh is found to ſmell very well, put it into a glaſed pot, well covered with a cover of clay, and put it into a Bakers Oven, and let it ſtay there until all the ſubſtance of the fleſh with the bones can be brought into a moſt fine Pouder: the new Phyſicians aſcribe more vertue to this Pouder, than to the antient Confections of Theriac or Mithridate.

Thirdly, Vipers fleſh being excellent well waſhed in white Wine, ſaving the Heart and the Liver muſt be gently dryed that it may be beaten to pouder, and ſo uſed by it ſelf.

Beſides theſe, the poyſon of mad Creatures hath certain Antidotes, with which, being taken for forty days together, the wound in the mean while being kept open, madneſs and fear of water is quite driven away. Theſe are, Madwort, the aſhes of river Crabs, the root of the wild Roſe, and common Pimpernel. They are given alone or mingled from one dram to two drams, in white Wine, they are mingled profitably with the roots of Gentian.

Galen provides his Antidote of one part of Frankincenſe, Gentian five parts, and ten parts of river Crabs burnt.

Alſo ſome report, that this Pouder is proved by experience, to cure the fear of water, given in white Wine from half a dram to two drams, dayly three hours before meat.

Take leaves of Polypode, Rue, Vervain, Sage, Plantain with narrow leaves, leaves of common Wormwood, Mints, Mugwort, Betony, Balm, St. Johns-wort, Centaury the leſs, of each equal parts, dry them in a paper and beat them to Pouder.

Thus far concerning Remedies that oppoſe the principal cauſe of the Diſeaſe; from the taking away whereof the cure of material

diſeaſes

diſeaſes muſt begin, unleſs there be ſomething elſe that is urgent, and ſo draws the cure to it; for that muſt be preſently taken care for, neglecting the cauſe and the diſeaſe for a time, if that urgent thing gives no delay, but threatens the Patient with ſudden death.

Now theſe things are ſaid to urge immediately and by it ſelf principally the weakneſs of the vital ſpirits, in all faintings and ſwoonings; but mediately and ſecondly all vehement pains, continual watchings, all immediate Evacuations, from whence there is fear of the diſſolutions of the ſpirits.

Theſe things urging, ſuch remedies as ſtrengthen the ſpirits muſt be ſet againſt them, ſuch as eaſe pain, procure reſt, ſtay fluxes; if the diſeaſe or the principal cauſe, by reaſon of its violence, and the weakneſs of the ſick, do ſometime come to be urgent; as feaveriſh heat in an old man, and the thickneſs and clamminess of flegm, in an exquiſite quotidian Feaver, they require no other remedies than ſuch as are of themſelves contrary; concerning which we have partly ſpoken, and we ſhall ſpeak ſomething afterwards in the number of Remedies that alter Diſeaſes.

Remedies for Symptoms that are urgent.

Thoſe Remedies that ſtrengthen the ſpirits, do refreſh them alſo, either by accident, taking away the cauſes whereby they are diſperſed, whereof we ſhall not now ſpeak; or of themſelves, by affording matter out of which the ſpirits may be ſoon ingendred, and by Corroborating the inbred heat of the Heart.

The Heart is ſtrengthened with Cordials, concerning which we ſhall ſpeak, when we ſpeak of Medicaments that are oppoſite to the diſeaſe in diſtemper.

They afford fit matter to be turned into ſpirits, as alſo Nutriments that are of good juyce, and thin ſubſtance, amongſt which are pleaſant Wine and ſweet ſmells, becauſe they yield thin vapours next to ſpirits, unto the Heart.

In a hot cauſe, cold or temperate ſents muſt be prepared, ſuch as are made of Vinegar, Roſes, Camphire, Violets, Myrtles, the Pills of ſweet Apples, and Quinces that are grown yellow.

Vinegar altered with theſe ingredients is the beſt, making infuſion for ſome hours, or gently boyling them; alſo to alter the Ayr, water muſt be ſprinkled in the Chambers that is mingled with Vinegar, and it is good for ſents to put to the Noſe.

In a cold cauſe, ſmells muſt be made of the flowers of Citrons, Orenges, Lemmons, Clove-gilliflowers, Jeſamin, Lillies of the Valleys, roots of Angelica, Ciperus, Garden Setwal, leaves of Calamint

of

of the mountain, Marjerom, Balm, Mint, Rosemary, Spike, Lavender, Tyme, Citron pills, Bay-berries, Juniper-berries, and all kind of Spices.

The best is made of the best Vinegar, or Wine altered with the foresaid ingredients.

Also the smell of roasted meat is excellent, stuck with Cloves and Cinnamon, as also Bread that is hot, and sprinkled with Maligo or some principal Wine.

For the same purpose may Oyls be provided with no great labour, from Spices, and very cheap, to anoint the Nostrils and the Heart, if there be made, with clear common Oyl without dregs, and the pouder of Cinnamon or Cloves, a matter like to liquid Pitch; which must stand some dayes in a close Vessel, and then be put into a Press and pressed forth.

Such as ease pain are threefold; namely such as cure by taking away the cause of pain; proper Anodynes, which letting the cause alone, yet asswage the sense of the part; and Stupefactives, that wholly take away the feeling of it, or else cast the sick into a sleep.

Those that cure, belong not to this place, for they are as large in extent as diseases and the causes of them, by which the continuity of the part may be dissolved.

Proper Anodynes are, Marsh-mallows, sweet Almonds, warm Water, Dill, green Camomile, Fenugreek, Lin-seed, Mallows, Melilot, yolks of Eggs, fat Broth.

Besides these, for Fomentations outwardly are convenient, living creatures their entrals being taken out whilst they are hot; the Lungs and the Kell of living creatures, Water and Oyl, greasy Wool, Sheeps milk and Cows milk hot, wheaten Bread moderately baked, and yet hot.

For Unguents; Hogs fat, Hens fat, Calfs fat, Mans fat, Butter, Suet, Mucilage of Lin-seed, Mallows, Marsh-mallows, Fenugreek, and Oyls made of the said Herbs and Seeds boyled in them.

But beside common Anodynes, there are some others that do properly belong to some certain parts, which therefore may be called Specifical Anodynes.

For the pain of the Head from what cause soever, this Oyl is most effectual.

Take *the juyce of Vervain very well purified two pound, simple Oyl of Roses one pound.*

Distil it at a gentle fire of embers, let the distilled Liquor be poured on again, and distilled again, and so do three times; for the Juyce will mingle with the Oyl inseparably, and in that, being warm, dip in a linnen Clout to lay to the Forehead, and anoint the Sutures.

For

For pain of the Teeth, the Oyl of Box diſtilled by deſcent is extolled.

For the pain of the Colick, a ſure remedy is, one dram of a Mans Skull prepared, and taken with one ſcruple of Annis-ſeeds, in a cold cauſe; but with Coriander-ſeed, if the cauſe be hot.

Alſo the poudet of the Teſticles of a gelded Horſe, taken to one dram, after the ſame faſhion.

This Oyl is exceeding good for the pain of the Hemorrhoids.

Take *Fig-wort four ounces, great Celandine two ounces, the Sponges that grow on the ſweet Eglantine, in number four, ſeed of Agnus Caſtus two drams, common Oyl two pound:* cut the roots, bruiſe the reſt groſſly, ſet them in the Sun for a moneth, and keep them for uſe: Or infuſe them for eight dayes in a hot place, then boyl them till the moiſture be conſumed, and make expreſſion, and after that ſtrain them.

For pain of the Breaſt, the Oyl of Lin-ſeed drank two or three ounces is ſingular.

For pain of the Joynts this Fomentation is approved.

Take *leaves of Mallows, Dwarf-Elder and Plantain, of each one handful, Smiths Water two pound:* boyl them to the conſumption of a third part; preſs them out and ſtrain them, and diſſolve in the Liquor, Salt-petre purged with Brimſtone (which they call Salt of Prunella) half an ounce, and dip a Linnen Cloth in it and lay it hot to the part.

Narcoticks indeed laid to the part do ſtupifie, but being taken or ſmelt to, or applyed to the head, they cauſe ſleep. They differ in the intenſion of their quality, from properly called ſleeping Medicaments, becauſe theſe by their moderate coldneſs and moiſture procure ſleep; but thoſe by the exceſs of both qualities bring out deep ſleep, and if they be uſed they cauſe Carus and Apoplexy.

Yet there are ſome degrees of theſe Narcoticks, for ſome are more gentle, the uſe whereof is not ſo dangerous; ſome are more violent, which muſt not be uſed but upon very urgent pains and watchings.

The more gentle to be uſed inwardly are, white Poppy ſeed to about one dram; but outwardly in Lotions, the leaves of Garden Night-ſhade and Poppy.

The more violent are, Hemlock, white Henbane, *Mandragora*, *Opium*, round *Stramonium*; black Henbane, and long *Stramonium*, are beſt to be let alone, by reaſon of the great hurt they do to the Bowels.

Of others are made fit ſcents and Lotions for the Feet and the Head; but inwardly, only *Opium* and round *Stramonium* may be uſed.

The ſeed of *Stramonium* is given in ſubſtance from half a ſcruple to one ſcruple, or thereabouts; but infuſed from one ſcruple to two ſcruples, it is corrected with good Wine. *Opium*

Opium is given from two grains to five, corrected with Saffron, or Pepper, and so made into a Pill, or infused in the best Wine. *Oriental Opium* is something stronger than *Opium* of our Countrey; but because outlandish *Opium* is often brought to us sophisticated, and sometimes is sold very dear, it were better to make it pure of our own Countrey; Poppey, after the way that *Quercetanus* hath taught us. Take what quantity you please of Garden Poppey heads, that carrieth a red flower, so soon as the first flowers appear displaied; bruise them in a Stone-mortar with a wooden Pestle; put the matter into a spacious Glass, and pour on so much of the best white Wine Vinegar, till the matter be very well wet, and the Vinegar swim above all, two fingers breadth; let them digest for about fifteen days, and when the Vinegar grows red intensively, put the matter into a linnen Bag, and press it out strongly; what is expressed let it evaporate at a gentle fire to the consistence of Honey, and whilst it is yet hot, cast it into cold Water, that it may coagulate; then take it out and wipe off the moisture.

But of Compounds there are two that are the best, and easiest to be provided of all that are found in shops.

The first is of *Guagnerus*, for outward use.

Take *Opium, juyce of Henbane, juyce of Mandragora, of unripe Mulberries, Lettuce, and of Ivy tree, of each one ounce.* Dissolve the *Opium* in the juyces, when that is dissolved, wet a Sponge in it, and dry it again at the Sun for fifteen dayes, when you would use it, dip your Sponge in warm Water, and put it to the Nose of the Patient: this Sponge will keep its vertue for some years.

The other serves for internal uses, namely *Laudanum*, which in two dayes time may be made, thus;

Take *the extract of Saffron one scruple, the extract of the species of Diamoschu two scruples, extract of Opium prepared four scruples*: mingle them, *and with three drops of distilled Oyl of Cloves soften it.*

The Saffron and species are extracted with *Aqua vitæ*, but the *Opium* with distilled Vinegar.

Opium also is prepared, if it be cut thin, and dryed at a gentle heat, so long until it will fume no longer, and being rubbed between the Fingers, will crumble to pouder: the Dose of this is from about one grain and an half, to five grains; it easeth pains, stops long watchings, and stayes immoderate and sharp Fluxes.

Also Narcoticks provoke sleep, but far more vehemently than true sleeping remedies do, by so much as deep sleep requires stronger means than sleep doth: whence it is, that when true sleeping Medicaments will not prevail, we are forced to use Narcoticks, or heavy sleeping remedies now mentioned.

True sleeping Remedies are, sweet Almonds and the Emulsions of them, all sorts of Milk, Garden Lettuce, fresh Mos of Trees, water Lillies, great Housleek, blew Violet, Venus Navil, and small Wine mixed well with pure Water; the exhibition of these is several.

Flesh Broths are altered with Lettuce and Violets.

An Emulsion of sweet Almonds is made with the decoction of Lettuce; Lettuce is eaten boyled, seasoned with the juyce of Oranges, or Pome-citrons, or Lemmons.

Decoctions are made of Herbs for Lotions of the Head and Feet.

Also an Unguent may be made to anoint the Nostrils and the Temples suddenly, with Oyl, thus;

Take these Herbs, *Lettuce, water Lillies, great Housleek, Garden Night-shade, of each one handful, common Oyl eight ounces:* boyl them at a gentle fire, till the moisture be consumed; press them out, and strain them.

The Oyl of Violets and water Lillies of the shops serve for the same use.

All those things serve to stop Fluxes, which stay the matter that is moved with an ill motion; by repelling it, pulling it back, intercepting it, and binds up the passages; therefore they belong not to this place.

Those things that are most proper to stay Fluxes, shall be mentioned in the Catalogue of Astringents.

There remains therefore, to number up those Medicaments that drive away Diseases; the use whereof is most fit after the causes, that are urgent, are taken away: now of Diseases there are three general Heads; Distemper, ill Conformation, and Unity dissolved.

Medicaments that alter a Sick distemper of the whole Body, and of the Parts.

Though there be eight Sickly kinds of distempers, four that are Simple, and so many Compound; yet it is not necessary to make eight sorts of altering Medicaments.

First, Because Compound distempers are cured with Simples that alter, being mingled together, and so as need requireth they make a Compound quality; then because amongst Simple qualities, moysture and dryness are commonly taken away with hot or cold remedies; for Excrementitious moysture is cured both with hot things that rarifie and consume, as also by cold things that press out, and by dry things of both kinds that stay moysture.

But Sickly dryness, being it presupposeth a want of native moysture, which cannot be restored with Physick, but with Nutriment, is better cure

cured by good Diet, and some heat restored in the part that is dryed, by the benefit whereof the Blood may be drawn thither, and more easily digested. Therefore it will be sufficient to set down Medicaments that heat the parts that are over-cooled, and such as cool the parts over-heated; for both these being mingled together, it will be an easie matter to compound an active, temperate remedy, and which is, amongst the passives, moist and dry, as necessity and the distemper that must be removed, shall require.

Moreover, seeing there are two kinds of altering Medicaments; some are certain, by which some certain parts seem to be most affected; others are uncertain, which work indifferently upon the whole Body; it will be sufficient to propound such altering Remedies that are certain; because the distemper of the whole Body follows the hurt of some Principal part, the Remedies whereof bring help also to the whole Body.

Certain altering Remedies take their name from the Part which they help; Cephalicks are for the Head, Ophthalmicks for the Eyes, Arthriticks for the Joynts, Neuroticks for the Nerves, Pneumaticks for the parts of Breathing, Cordials for the Heart, Stomachicks for the Stomach, Hepaticks for the Liver, Spleneticks for the Spleen, Nephriticks for the Reins, Hystericks for the Matrix.

Medicaments that alter the Head.

Hot Cephalicks, and such as are convenient for the Head that is over-cooled, the most obvious are these; Southernwood, Betony, Box-wood, Calamint, Germander, Hyssop, Bay-leaves and berries, Lavender, Marjerom, Piony, Rosemary, Garden Rue and Water Rue, Sage, Savory, wild Tyme, Stœchas, Tyme, Misleto of the Oak, wild Setwal root, Water of hot Baths of Brimstone drank in due order.

Of these may be made Decoctions, Electuaries, and Medicinal Wines, in the place of Confections and Conserves of the shops.

For Example:

Take *the filing of Box wood two ounces, Misleto of the Oak cut very small one ounce, common Water six pound*: make infusion for fifteen hours, afterwards add, *leaves of Betony, Calamint, Marjerom, Sage, of each one handful; root of Piony half an ounce, Bay-berries two drams*: make Decoction at a gentle fire, till a third part be consumed; then strain it, and give half a pound of it at once for some dayes together.

The Ancients, in the cure of a distemper that was not very new,

administred their Medicaments for about four days together, by whose example we do usually proceed now.

Example of an Electuary.

Take Betony, Calamint, Germander, Marjerom, Rosemary, Sage, of each one handful; Savory, Hyssop, of each one pugil; Bay-berries and Frankincense, of each two drams; clarified Honey four times as much: mingle them, and make an Electuary.

Give about two drams of it for many days, either before you give the Decoction, or when you go to bed.

Medicinal Wines are more commended, made of the infusion of Rosemary and Sage.

Outwardly Lotions and droppings down, either of Brimstony-bath-waters, or of the decoctions of the Herbs before mentioned, chiefly prepared in a Lixivium, to which you may add roots of Rest, leaves of Asarum, and Ivy of the wall.

Of the same Herbs, adding a quantity of Frankincense, may Powders be prepared to strew on the Sutures.

Also fume of Tyme and Marjerom taken by a Pipe, is good, the same way that men take Tobacco.

Lastly, Oyls may be made of the decoctions of the same Herbs, to anoint the Nostrils, the Temples, and the Sutures.

These cool what is over-hot; black Cherries, the Skull of Man burnt, Barley, flowers of Privet, Purslain, Roses, flowers of Willows, the tendrels of Vines, and all things that procure sleep, of which Decoctions may be made.

The water of Iron Baths rightly used is excellent.

Outwardly Frontals are made of Posca, chiefly altered with Willow leaves, Myrtles, Lettuce, Violets, Night-shade.

Irrigations for the Head are made of the same Decoction, or of warm Milk.

Oxyrhodina are made of Oyl of Roses and Violets, with a fourth part of Vinegar.

Scents are provided of Roses and Violets. Vinegar altered with these flowers is most useful, adding a little Camphire.

Also Oyl made by insolation, of the flowers of the Willows, for to anoint the Nostrils and Temples, is commended.

Altering Remedies for the Eyes.

For Eyes that are over-cooled, with, or without any defluxion of thick matter, these things are convenient; great Celandine, Eye-bright, Fennel, Garden Rue, Vervain, whereof are made Decoctions and Electuaries for necessary internal uses.

The

The use of Wine altered with Eye-bright is approved.

Fomentations to use outwardly are made of the said Decoctions, to which Pimpernel may well be added, and Fenugreek well washed, also a little Saffron and Aqua-vitæ.

So a Fomentation of Sea-water is good with a little Saffron in it.

This following Collyrium is singular to strengthen the Eyes, and to discuss all clouds and suffusions confirmed, also for all cold defluxions, what affection soever they have brought upon the Eyes.

Take Malaga Wine three pound, Wheat corns and Fennel seed, of each half a handful, choice Cinnamon bruised two drams, Cloves beaten four scruples, leaves of Rue and tops of Bays half a pugil; make infusion for a Natural day, then boyl them at a very soft fire till a fifth part be consumed, strain it out, add two drams of Tutty prepared; mingle them, and when you would use it, shake the Decoction and trouble it: if it be provided for a Cloud and a Pin and Web, set it up in a brasen vessel, otherwise keep it in a Glass for your use.

For Eyes over-heat, Cephalick remedies for internal uses are convenient.

For outward uses a Fomentation, and frequent dropping in of warm Milk is good, wherein Frankincense set one fire is quenched.

If the flux be very sharp, add the fourth part of the white of an Egg.

When the pain is urgent and the defluxion very sharp, put in a little of the emulsion of white Poppy seed, made of the same Milk.

Also, make a Cataplasm of a sweet Apple boyled in Milk and bruised, which will surely help.

So Fomentations of warm River water in which Frankincense hath been quenched sometimes, are good.

Arthritick Remedies.

For the Joynts that are over-cooled, these are convenient: Chamæpytis or ground Pine, Juniper-wood and berries, Helichryson, Mastich-wood, all kind of Rozins, chiefly of Turpentine, Sage, and the root of pricking Bindweed.

Amongst Compound medicaments two are excellent; the first is the use of Turpentine for about fifteen days, mingled with ground Pine and made up into a Bolus, thus;

Take *ground Pine two drams*, *Turpentine two drams*; mingle these and make a Bolus to take at once.

If the Body be over-moist, it will do well to mingle with them half a scruple of Troches of Vipers, or some of the Pouders of Vipers described; these Boles are given alone, or about half an hour before the taking of some convenient Decoction.

Another decoction is made of the wood of the Maſtich-tree, to be taken for many dayes, with a ſlender Diet, as neceſſity ſhall require, as for example,

Take *Maſtick wood two ounces, Juniper or Miſleto of the Oak, an ounce, Fountain water ſix pound*: cut the ingredients and infuſe them for a natural day; then add *leaves of Betony, herb Ivy, Roſemary, of each one handful*: boyl them at a ſoft fire till a third part be conſumed, then ſtrain it, the Doſe is ſeven ounces at a time.

Outwardly are convenient, Baths and mud of hot Baths, of Brimſtone and Allum.

Alſo, Fomentations of the beſt red Wine altered with herb Ivy, Dwarf-elder, Roſemary, Tobacco, and the leaves of Myrtles, adding a little Salt and Allum.

Anointings alſo with Fox-greaſe.

Then to ſtrengthen the Joynts, the Mother of the Wine being hot, and rubbing of them with old Oyl and a fourth part of Salt is approved.

The *Turks* with good ſucceſs do Burn their Joynts, but it is with a gentle fire not too troubleſome, for they dip a linnen Cloth in Aqua-vitæ, which they ſet on fire and lay it to the Joynt, and ſo extinguiſh it.

It is approved, that the pains of the Joynts though they be old, are either cured altogether by the uſe of the following Aqua-vitæ, or elſe are made far more gentle, and leſs frequent.

Take *the tops and flowers of Roſemary two parts, Aqua-vitæ rectified three parts*: make infuſion in a Veſſel very well ſtopt for fifty hours; then diſtil it in *Balneo*, the Veſſels being faſt luted on all ſides. Take one dram of this Water, or one ſpoonful once every week, and every morning waſh your face with it, and the Joynt affected.

For the Joynts that are over-hot theſe are convenient inwardly; Mens Bones burnt, mingled with other coolers, to about one dram.

Alſo the decoction of the wood of a Maſtich-tree, with Roſes and Myrtle leaves added to it.

Outwardly, Poſca is good, chiefly with Roſe-vinegar and Rain-water Steeled, or with Smiths water altered with Roſes, Vine leaves and Myrtles; to which with profit may be added to diſcuſs the Humor, a part of the ſtone Prunella.

For to anoint; the Oyl of Roſes, Myrtles, and of Frogs is uſeful.

Alſo Remedies are preſently made by Decoction, of the ſame Ingredients.

Such a Liniment will be very profitable to aſſwage pain proceeceeding from a hot and ſharp defluxion.

Take *Oyl of Roſes and Myrtles of each one ounce, the Mucilage of*

the

the seed of Quinces, Flea-seed and Mallows, of each two drams, Wax melted often in Fountain water, half an ounce: mingle them, and make a Liniment.

Remedies for the Nerves.

For the Nerves over-cooled, especially these are profitable, Germander, Castoreum, the Brain of a Hare roasted, lesser Centaury, root of St. Johns-wort, Lavender, Myrrh, Pine kernels, Dog-fennel, Primrose, *Italian* Spike, Sage, and Pitch-smelling-Trefoyl.

Of these things, some are compounded most effectual; but especially a Decoction, such as is that described for the Joynts, adding to it Germander, and Primroses.

Also a Bolus of Turpentine, with about one dram of the roasted Brains of a Hare, and about one scruple of Castoreum.

Outwardly these have singular use; Baths and Mud of hot Baths, that are Bituminous and of Brimstone.

Also Fomentations of strong Wine altered with the said Herbs, adding a little Aqua-vitæ.

For Ointments, Oyls are made of the Decoctions of the said Herbs, wherein some quantity of Earth-worms washed in white Wine hath been boyled.

Two singular Liniments are made for the cold affects of the Sinews, whereof the one is excellent for the Cramp that comes of Repletion, the other for the Palsey, astonishment and trembling.

The first is made of *Stellions*, thus;

Take *Stellions*, five in number, or in the room of them green Lizards: infuse them alive in *Oyl of Camomile, eight ounces*; and when they are dead, let them boyl in it till their flesh be consumed, then press all out, to which add the third part of the dripping of a roasted Goose, that was filled with Frankincense, Lard, Myrrh, and a little Saffron.

Another is provided of Goose-grease, thus;

Take *leaves of Germander, herb Ivy, Sage, Primrose, Lavender, St. Johns-wort, of each one handful; grains of Juniper half an ounce, Myrrh and Frankincense of each three drams, Castoreum one dram and an half, Saffron half a dram:* moisten the Herbs with Aqua-vitæ, then bruise them, and with all these make a stuffing, to stuff the Goose full withall, and stick her with small sticks of Cinnamon, then roast her on a Spit; gather the dripping up, and when no more will drop, cut up the Goose, and boyl her in white Wine for an hour, take off all the fat that swims on the top, and mingle with the former dripping.

Some ascribe so much to Oyl of Earth-worms washed in strong

Wine, and then distilled in the Sand, that they affirm a Palsey may be cured by this only.

To Sinews that are over-heat, the same things are convenient that were set down for the Joynts, except only burnt Bones.

Remedies for the parts of Breathing.

These Remedies, both hot and cold, which bring forth the matter that sticks in the passages of Respiration, were set down in the Catalogue of those things that evacuate the Breast by Spittle; for the same may be fitted to correct the distempers of the Lungs, but besides those, some things are Peculiarly good to heat and dry the Breast.

The Waters of hot Baths that proceed from Brimstone, drunk.

Some Figs steeped in *Aqua vitæ*, until they swell, eaten when the Stomach is empty, and as one goes to bed.

The Decoction of *Enula Campanæ*, Colts-foot, Hysop, Horehound, Lungwort, Savory, Tyme.

The Decoction will be the better, if it be made with an old Cock that is stusted with these Herbs; also full sweet Metheglin will be altered with the same very fitly for ordinary drink, or else make an Oxymel with them, and take two ounces every morning.

Also sweet Wine is excellent, if it be altered with Hysop or Tyme.

But the use of Brimstone exceeds them all, and of Turpentine, or some kind of Rosin, but chiefly of the Larch, or the Firr tree.

Give daily, one dram of Brimstone, but especially, that which is prepared, and brought into fine Pouder taken in a rear Egg.

Rosin is given to two drams, which is better if it be drank hot, dissolved in two ounces of Oxymel.

Outwardly are convenient, Brimstony Baths, and to stay long about such Baths of Brimstone, in an Aire that is full of hot Vapours, and that have a drying force.

Or lay Cataplasms to the Breast, of meal of Fenugreek, Melilot, pouder of Hysop, Calamint, and some Brimstone mingled with Honey, and with white Wine and Line-seed Oyl in a just quantity.

To a Breast that is over-heat, these do good, besides what was set down before to expectorate salt Flegm, to drink Mineral Waters that proceed from Copper and Vitriol, as also from Iron and Steel.

Use of Milk, unless some distillation hinder, and the Decoction either of red Sanders, or Rose wood, especially of the Root, to be drunk for many dayes, with a thin Diet enclining to cold, chiefly of Barley, and the four great cold Seeds.

The Decoction may be of this fashion.

Take *red Sanders, or Rose wood, cut small, five ounces, roots of*

Succory

Succory and Barley of each half an ounce, Fountain water steeled two pound: make infusion fifteen hours, then let them boyl till half be consumed, strain them to drink at twice.

By the use of this Decoction, hot bodies that are subject to a Consumption may be preserved from it, as also from spitting of Blood that is like to follow.

Also the frequent use of Conserve of Roses at going to bed is commended, as also taken in the morning on an empty Stomach, especially if some drops of tart spirits of Brimstone be put to it.

For outward Cooling, it is sufficient to anoint with Oyl or Unguent, made of Violets.

Cordials.

There are many Cordials to be made of the Antidotes that are prescribed against Poysons that are taken, but all that I propounded were only preservatives against malignant Feavers and the Plague; but besides these, there are some that are convenient for the Heart that is over-cooled; as Spices of all sorts, pills of Oranges, sweet Angelica, Marygolds, mountain Calimint, Clove-gilliflowers, the herb Cardiaca, herb Benner, Lillies of the valleys, Ground-Ivy, Lavender, Balm, Mints, all sorts of Bazil, root of Butter-burr, Rosemary, Spike of *France*, and *Italy*, Mead-sweet.

Of these Syrups may be made, Decoctions, Electuaries, also Pouders, and Spices to be strewed on meats.

The best for this purpose are the Compounds set down before, for Poysons taken, and such as are bred in the Body and bring a Malignant Feaver.

Also Hot remedies to refresh the spirits, that I also propounded.

So there may be a Physical Wine provided, which is of it self a great friend to the Heart, for example;

Take *Herbs, mount Calamint, Carduus sanctus, Scordium, Goats Rue, Lavender, Balm, Rosemary, of each one handful, roots of Aveus, white Dictamni, Master-wort, Orange pills, of each one ounce, Myrrh, Cinnamon, Cloves, of each half an ounce, Saffron one dram*: beat them a-part into Pouder, then put them into an Hippocras-bag, and pour on the Pouder, the most pleasant white Wine six pound, five or six times: of this Wine you may give about two ounces at once; if you pour on Aqua-vitæ so, the Remedy will be more effectual, and the Dose will be to one spoonful.

For outward Remedies, prepare bags of the said Herbs and Spices, to be worn on the Region of the Heart.

Also Fomentations of Spiced Wines altered with the same things, alwayes

alwayes adding some Saffron to make them penetrate the more.

Lastly, Unctions may be made with Oyls made of the Decoctions of the same Simples, or Spiced Oyls made the same way, and you shall find this in the Title of those things that refresh the Spirits.

For the Heart over-heat, those things are convenient that are most temperate, that were set down against Malignant Feavers; and besides those, Ivory, flowers of Willows, Mother of Pearl prepared, Myrtles, water Lillies, the Bone of a Stags Heart, sweet Apples, Roses, Sanders, Violets.

Of these you have some Compounds amongst the Antidotes against Pestilent Feavers.

Also the use of Conserves of Violets or Roses will be most profitable, with one scruple of the Salt of the Mother of Pearls, for one Dose.

The Salt is thus made; dissolve the Mother of Pearl burnt, in hot water of Borrage; adding a part of Rose-Vinegar, then distill them by filtring, and lastly Coagulate them, making away all the moisture by Evaporating it.

Externally, Epithems are made of the water of flowers of Willows, Roses, water Lillies, adding the juyce of Citrons or Lemmons, or Rose-Vinegar to make them penetrate, and if Camphire can be had readily, put in four or five grains of it. Instead of Water you may take the Decoctions of Borrage, Bistort, Blew-bottles, water Lillies and Violets with the same Juyce, with Rose-Vinegar.

Stomach Remedies.

The chief heating Stomach Remedies, and easiest to be got are, all sorts of Wormwood, but especially the common, and the Sea Wormwood, the pills of Oranges and Citrons and the seeds, bitter Almonds, Gentian the less, Mints, Origanum, Rosemary, and all Spices, amongst which the best are Zedoary, Ginger, Galangal, and Pepper.

Of Compounds, easie to procure, Wormwood-Wine and Oxymel of Wormwood are approved.

Aquavitæ altered by steeping Wormwood in it that was dryed in the shade, adding some Spices if you please.

The best Wine (such as may be made, being poured through Spices, sweet Seeds, or the foresaid Simples bruised) to be taken the quantity of two drams, for many dayes, fasting; with one or two grains of Pepper grosly beaten.

Also it is good to drink the Water of hot Baths that come from Brimstone; such an Oxymel is most profitable, if you give every day one spoonful, or some other.

Take

Take Herbs, Wormwood, Calamint, Rosemary, Mints of each one handful, peels of Oranges or Citrons one ounce, seeds of Annis and Cinnamon of each one dram, Honey one pound, the best white Wine half a pound: boyl all at a soft fire till the Honey be well clarified; to the strained Liquor add the best Vinegar half a pound, boyl them to a Syrup; when it is cold, cast in Ginger finely poudered two drams.

Also it is singular good to take every day in a rear Egg about one dram of Mastich in pouder, with a little Ginger of Zedoary.

Outwardly, it is profitable to drop down the Water of Baths of Brimstone, which, when those waters are wanting, may be prepared of Wine, especially the best red Wine that is altered with the said Herbs; of which also may be made Fomentations.

The common people use to make excellent Fomentations of common Wormwood, Mints, Origanum, Calamint, Lavender, of each one handful, tops of Rosemary half a handful, common Oyl and spiced Wine of each one pound; let them boyl at a soft fire till the moisture be consumed, press them out and strain them, so keep them for use.

For the Stomach over-heat these are good, the juyce of Oranges, sowre Grapes, Barberries, sharp Cherries, the fruit of Cornus, Quinces, the juyce of sowre Pomegranates, the flowers of the wild Vine, Hypocistis, sharp Apples, unripe Mulberries, sharp Pears, wild Plums, and the juyce of them, bastard Corinths, Roses, Services, the juyce of Rhus or Sumach, Sorrel, Trifoly, Gooseberries, sharp Wine well mingled with Water.

You may give the Juyce or Decoctions of the said Fruit and Herbs, with an Emultion of the four great cold Seeds.

Also, it is very convenient to give Asses or Goats milk tempered with about a fixth part of some of the said Juyces, lest it change into a burnt smell.

Moreover, to drink of Bath-waters that proceed from Copper, or Vitriol, or Iron, is well approved; such Waters as are in *Italy*, are called *Chalderianæ, Lucenses, Niceranæ*, and the *Blessed Virgin in mount Orthe*.

Outwardly, Fomentations may be used, and Epithems, or the decoction of Roses, Myrtles, flowers of wild Pomegranates, Quinces, Pomegranate rinds, Hypocistis, the wild Vine, adding to them some Rose-vinegar.

A most profitable Plaister may be made of the pulp of a Quince, boyled in rain-water, or steeled-water, sprinkled with a little pouder of Mastich and red Roses: instead of Quinces, you may take sharp Apples.

Oyntments may be made of Oyl boyled with the said Herbs, till the

the moisture be consumed, alwayes adding a little Wax washed sometimes in *Pasca*, that the force of the Remedy may stick the longer to the place affected.

For a dryed Stomach, where there is want of inbred heat, nothing is better than Milk taken for many dayes, about five or six hours before meat. You must take it by degrees from four ounces to six ounces or thereabouts, new milked, and with about a fourth part of Honey that it wax not sowre.

Outwardly, Fomentations are good made chiefly of Oyls, that are not very hot, or else received into moist Wool.

Also Pications are useful, made with Pitch melted with a little Oyl of Wormwood, and laid upon the part till it wax a little red; in the mean time the Stomach must be cherished with a young Puppy, or your own hand, or a young Maid lying upon it all the night.

Remedies that alter the Intestines.

The same Remedies almost are good for the Intrails, as are for the Stomach, by reason of the Affinity of Parts, and Propriety of their Substance.

But for the Intestines over-cooled, as it falls out often in the Colick, especially these do profit: Cummin-seed, Bay-berries, Rue, and the peels of Oranges; the Pouder of them may be given to one dram in spiced Wine, or an Emulsion of the seed of Citrons, or Oranges.

The most commendable is, Wine that is made Physical with the long steeping pils of Orange, both to cure the pains of the Colick, and to preserve one from it, if it be dayly used.

Theriaca Diatessaron is excellent for the same, as it is described amongst the Antidotes; one dram of it given alone, or with spiced Wine.

The same things may be given in Clysters, in any of these forms; to which you may very well add Oyl of Nuts, the decoction of Coloquintida, and Turpentine, or Rozin of the Firr-tree, or Larch-tree, dissolved in Oyl.

As for Example:

Take *the Decoction of Camomile, Bay-leaves, Coloquintida bound up in a skin, one pound; Oyl of Bays, or Oyl of Nuts, three ounces; crude Honey, and Turpentine, of each two drams; common Salt two drams:* mingle them for a Clyster.

Outwardly, Unctions of Oyl of Bays and Rue, are principal good; as also the mud of Baths from Brimstone.

For the Intestines over-heat, these things are profitable: all things that

that cool the Stomach, and the Liver; but the chief are Bath-waters proceeding of Copper, and Vitriol, and Iron, drank with an empty Stomach.

Milk added to Clysters, and often bathing the middle *Abdomen* with *Pocta*, that is something cold; with which Remedies the pains of the Intestines proceeding from thin, and most sharp Choler, are easily and soon abated.

For the Liver over-cooled, these are convenient; Wormwood, Agrimony, Germander, all the Gentians, Lavender, the wood and berries of Juniper, Poley, *French* Spike, and *Italian* Spike, to which add Spices, and the hotter Diureticks.

Amongst Compounds, strong Wines are most approved, made Physical with Wormwood, and Spices, such as were set down for the Stomach.

Also the Decoction of Juniper Wood is excellent, adding the tops of Wormwood, which will be more pleasant if you add a quantity of clarified Honey, chiefly if it be boyled with the best Wine to the consistence of a Syrup; for by this means, divers Decoctions may be made of hot Diureticks and Spices, alwayes adding Wormwood to them.

Outwardly, Fomentations will be good, made of spiced Wine, altered with the foresaid Ingredients.

Also the mud of Baths that come from Brimstone.

Oyntments are made with Oyls compounded of the same Simples by decoction, such as were described for the Stomach.

Lastly, little Bags made of the same things put into a fine cloth, and worn upon the region of the Liver.

But for the Liver over-heat, these are the best amongst Simples; Sorrel, Succory, the pulp and seeds of Gourds, Citruls, Endive, Liver-wort, Hawk-weed, Barley, all sorts of Docks, Lettuce, Milk (if there be no obstructions, nor a Feaver) chiefly that which is sowre; pulp and seeds of Apples, Purslain, wild Endive, Sow-thistle, Dandelyon, Sorrel, Trefoyl, Whey of milk alone, or with an Emulsion of the four great cold Seeds.

Decoctions are made of herbs in Water or Broth, or the Juyces are pressed out, which are kept till winter, both clarified and thickned: they are mingled from one ounce to two, with Broth in winter time; but these from one or two drams, are either mingled, or made up into a Bolus, or else are dissolved in some Liquor.

Also Herbs are eaten, boyled after the manner of Pot-herbs, in Water or Flesh-broth.

A Ptisan is made of Barley, which is made the more pleasant, made white with the seeds of Melons or Gourds: the use whereof is good also in a Panatella.

To

To all these, Natural Mineral waters may be added, that proceed from Copper, Vitriol, or Iron, that were mentioned to temper the heat of the Stomach; for there is nothing better to cool the Liver, than the orderly drinking of these Waters.

Outwardly Epithems are convenient, of Juyces, and the Decoctions, especially of Cichory, and Sow-thistle, with an eighth part of Rose-vinegar, or common Vinegar, in which a little Wormwood and Roses have been boyled.

Also an Oyl to anoint with, may be prepared of Violets and Roses, which would be more effectual, made with the decoction of the Herbs mentioned, with common Oyl, till the moisture be consumed.

But a Bath of sweet Water, is better than any remedy, used for the whole body after due Evacuations, unless a Feaver hinder.

For the Spleen over-cooled, these are proper Remedies; seed of Agnus castus, Borrage, Bugloss, roots and rinds of Cappars, Stone-fern, Dodder, root of Fern, seed and bark of Ash-tree, Fumitory, the ripe berries of Ivy of the wall, Harts-tongue, the flower and root of Hops, root of Water-fern, Tamarisk, Tyme, Teverium. The Powder of these may be drank to one dram for forty dayes in Wormwood-wine, or Steeled-wine, or Smiths water.

Of these may be made Decoctions suddenly, Physick-Wines, and Electuaries.

The Decoctions of Ash-wood are excellent, and Tamarisk, mountain Teverium, and Germander, especially made with water wherein new Steel hath been quenched, or with Smiths water clarified.

Some make these Decoctions with Vinegar, but chiefly wherein Raisins have been steeped, to diminish the Spleen that is grown too great: if Vinegar of Squills be at hand, it were good to mix it with the Decoctions, to half a spoonful.

Wines are prepared by the infusion of the same Herbs, and they will be better, if you add Steel that is prepared with Brimstone, which preparation may be made suddenly.

As for Example:

Take *leaves of Germander, Dodder, Wall-fern, Fumitory, Bugloss, of each one handful, seeds of Ash, berries of Ivy of the wall, of each two drams, Tyme and Wormwood of each one pugil, Steel prepared one ounce, the best white wine three pound*: make infusion in the Sun or some hot place for eight dayes, stirring the matter alwayes once and again; then strain the Wine and take every day four ounces, four hours before meat, and before ordinary exercise.

Electuaries may be made of the same Herbs, adding prepared Steel to them, or Ammoniacum, and four times so much clarified Honey.

Some there are that ascribe a wonderful effect to Ivy-berries poudered

poudered and mingled with Honey to an Electuary, or drank in Wine or Broth of Chich-peaſe to one dram for forty dayes.

Outwardly are convenient, Fomentations of the decoctions of Emollient Herbs, adding thereto the roots of Briony and Sow-bread, Ivy leaves, and Tobacco, dwarf Elder, and Wormwood to corroborate the parts, with ſome quantity of white Wine and Vinegar, in the end of the Decoction to make the better penetration.

The Fume of this Decoction received is good, by quenching in it a piece of a Fire-ſtone, or a Mil-ſtone.

Alſo Fomentations made of Hemp-yarn boyled in a ſtrong Lixivium, and being laid hot and moiſt to the part, are exceeding profitable.

Alſo the mud of Bituminous Baths uſed for fifteen or twenty days, is commended.

After Fomentations, let the parts be anointed with Oyls made ſuddenly, by boyling together, or elſe apart, Sow-bread, Briony, Cappars, flowers of Broom, Tobacco, Ivy leaves, Coloquintida, in common Oyl with white Wine and Vinegar; till the moiſture be conſumed, adding ſome Wormwood, or bitter Almonds to preſerve the ſtrength of the part.

After convenient uſe of Fomentations and Oytments, apply a Cerate to the part, as that which is uſual, made of Ammoniacum diſſolved in Vinegar of Squills, or provide ſomething of the ſame faculty, of the pouders of the ſaid Simples, adding ſome little of the foreſaid Oyl, to a ſufficient quantity of the Pine-tree Roſin, or white Pitch, and new Wax.

Alſo Bee-glew is commended that is yet ſwelling with Honey, bruiſed by it ſelf to the form of a Plaiſter, adding a little Maſtich to help the ſtrength of the part.

To this place appertains a little bag, that ſtuffed with equal parts of wild Cucumer, pulp of Coloquintida and Wormwood laid to the Spleen.

Theſe cool the Spleen that is over-hot, the ſame that were propounded for the Liver; but there muſt be ſome temperate Attenuatives added to them, by reaſon of the thick Juyce the Spleen is nouriſhed with.

Such are, Strawberries, Maidenhair, Hops, Sparagus, Trichomanes, Vinegar, Smiths water clarified; with which Decoctions are altered, Fomentations and Epithems; not forgetting to add ſome ſome Wormwood to outward remedies, to ſtrengthen the part.

The ſame things belong to the Reins and the Bladder, by reaſon of the community of their office, and nearneſs of the parts.

Therefore, for theſe over-cooled, all thoſe hot Diureticks laid down in their proper place, are profitable.

Alſo

Also Betony, Camomile, the root of long Cyperus, added to the Decoctions and Electuaries.

But these are judged to be better to heat the Urinary passages; Water-baths that proceed from Brimstone, drank for many dayes together, fasting, to some pound weights; putting in some quantity of Annis-seed, or Fennel, or the like Diuretick in Pouder, for the first Cup, or some Rosin of the Larch or Firr-tree, to about two drams, taken in a Bolus, either by it self, or with some little pouder of some of the hotter Diureticks.

Also white Wine of the best, altered with some of the hotter Diureticks is most convenient for this business.

Outwardly to sit in waters of Baths that proceed from Sulphur is an approved Remedy.

Fomentations of the decoction of hot Diureticks, with hot white Wine.

Oyntments, with Oyl of Bays, or some such like, prepared presently; you have an example of it amongst the Diureticks.

Cataplasms are commended, made of Onions and Garlick boyled with white Wine, and bruised, and laid on by themselves, or sprinkled with the pouder of Cummin-seed or the like.

Clysters made with the foresaid Oyl are often to be given hot, and with Wine altered with Camomile, Bay leaves, Penniroyal, wild Tyme, and such like heaters that cause Urine.

Add to all these strong Motion, by riding, running, walking, whereby the Region of the Loyns is heated.

But for the Reins over-heat, these things profit inwardly; Decoctions of the fruit of Alkekengi, Marsh-mallows, Sorrel, Barley, Lettuce, Mallows, water Lillies, Purslain, Grass, roots of Sowthistles, with the Emulsions of the four great cold Seeds, or the juyce of Lemmons.

Morcover clarified Whey, with the Emulsion of the four cold Seeds.

Also steeled Milk, unless some obstruction of the Reins hinder it.

Drinking of sharp Mineral waters, of Copper, Vitriol or Iron, such as are in *Italy* the *Lucenses*, *Nocranæ*, *Chalderianæ*, and at *Padua*, of the blessed Virgin.

Also to eat Strawberries, Lemons, Melons, Citruls, Gourds, Barley, Lettuce.

Outwardly doth profit, a Bath, to sit in of sweet Waters, chiefly altered with Violets, Pellitory of the wall, Lettuce, Mallows, the Decoctions whereof are also profitably given in Clysters.

In the place of Baths, Epithems are good of warm Milk, either alone, or with the Decoction of Mallows, or of the foresaid Herbs,

Herbs, adding juyce of Lemmons to them to make them penetrate.

When heat is urgent, add the leaves of Houſleek, Garden Nightſhade, and Alkekengi, and ſometime of white Henbane, to the Decoction.

The moſt effectual is the Juyce preſſed out of the inward ſcrapings of the Gourd, either alone, or laid on with other things.

Alſo ſudden Oyntments may be prepared of Oyls, wherein are boyled the flowers or leaves of water Lilies, blew Violets, Damask Roſes, green Frogs.

Upon urgent neceſſity, (which falls out in an exquiſite Diabetes) the ſeeds of white Poppy, and white Henbane, out of which alſo Oyls are made by expreſſion, very effectual for the purpoſe.

Apply to the Reins, and the parts about, freſh leaves of water Lillies, when the party goeth to bed, and let him wear in the day time, in the place of them, a thin plate of Lead, or a ſimple Cerate made of yellow Wax, often waſhed in Roſe-water, or the ſaid Decoctions and Oyls, which muſt be often taken off, leſt growing hot by the Cloaths upon it, it may foſter the heat of the Reins.

Remedies for the Matrix.

No cold things of themſelves are kindly to the Matrix (becauſe it is the place of Generation) yet if it ſhall ſtand in need of them, when it is over-heat, they are neceſſary to help it, which are ſet down to help the Reins and the Liver; only with this caution, that to outward Remedies, ſome things muſt be added that cheriſh the natural heat of it, and foſter its peculiar property.

But when it is over-cooled, theſe principally are convenient; amongſt common things, Mugwort, Angelica, Calamint, the root of long Cyperus, Daucus, white Dictamni, Nep, leaves and berries of Bays, Lavender, Fetherfew, Marjerom, Balm, Garden Mints, and wild Mints; and Greek Mints, Origanum, Penniroyal, Roſemary, Rue, Savory, Sage, wild Tynie, French and Italian Spike, ſweet Tanſey, Tyme, and all Spices, amongſt which the beſt are Cinnamon, Saffron, Galanga, Myrrh, Mace and Nutmeg.

The Pouder of theſe may be given to one dram in Spiced Wine or Broth, or elſe Electuaries may be made of them, adding thrice as much of clarified Honey.

To this end ſerve all kind of Aromatical Spices, that may be had at cheap rates, of which take one dram in Wine.

But Decoctions and Phyſical Wines are preferred before other Medicaments, becauſe by reaſon of their moiſture they can more eaſily be conveyed to the Matrix.

The best Decoctions are made of Pigeon-broth, the Belly of the Pigeon being stuft with the said Simples. As for example:

Take the Herbs, *Calamint, Penniroyal, Balm, Mints of each one handful, tops of Rosemary and Lavender of each one pugil, Bay-berries, Nutmeg and Galanga of each one dram*: cut the Herbs and bruise the rest grosly, and put them together within the belly of a Pigeon; then boyl them in water sufficient at a very soft fire, until the flesh be perfectly boyled; then press all out strongly, and strain it: give two ounces of it, or thereabouts, dayly for many dayes.

Physick-Wines are made by the infusion of the said ingredients, or by thrice pouring the Wine upon the said Pouders put into a long bag.

Women use to provide Wines by decoction, and that presently; but they are not so effectual, because the thinner parts are evaporated.

Also to drink the water of Baths from Brimstone seasonably, doth wonderfully maintain and correct the heat of the Matrix.

Outwardly do profit, Insessions, Bath-waters from Brimstone, or Baths altered with the said Herbs, putting into the Matrix a hollow Pipe, that by that the force of the Medicament may come to it.

The same Liquors, as also Physical Wines are conveniently used, conveyed by injections to the Secrets.

Also Fumigations of Spices and sweet Herbs are good.

Pessaries are commended, such as may be presently provided, thus;

Take *the pouder of Bay-berries and Rue of each one dram, Myrrh half a dram, juyce of Fetherfew or Penniroyal, or spiced Wine one ounce*: mingle them, and with carded Wool or Cotton make a Pessary. *Or,*

Take *the best Honey one ounce, juyce of Mugwort half an ounce*; boyl them to a fit consistence, then add pouder of Galanga, or the Spices of vulgar Aromaticks one dram; mingle them for a Pessary.

Also Fomentations must be applyed to the lower parts of the Belly, with Sponges, pressed out with Mineral waters, or of the Decoctions of the foresaid Simples, chiefly in strong Wine.

But no Fomentation is better than the Mud of a hot Bath applyed to that part for some dayes.

Anoint the same place with Oyl of Spike, Bays, Rue, and other things made of the decoction of the said Simples; as for example:

Take Herbs, *Calamint, Marjerom, Fetherfew, Mints, Lavender of each one handful, Bay-berries and Galanga of each two drams*: pound what must be pounded, and infuse all in one pound and an half of common Oyl and half a pound of spiced Wine for six hours, then boyl them at a soft fire till the moisture be consumed.

Some ascribe a peculiar vertue to strengthen the Matrix, to Santaline, which *Mathiolus* makes to be female Southernwood.

And these are the most common and ready Remedies to alter, whereby

whereby the distemper of every part, and of the whole Body may be corrected.

Remedies of Diseases in ill Conformation.

Due Conformation, convenient Magnitude of the Similary parts, of which the Organ consists, do make the Constitution of the Organ; also convenient and fit number to which apt Connexion is referred: therefore we shall recite four chief heads of faulty Composition, namely, a Disease in Conformation, in Magnitude, in Number, in Situation.

There are four ill accidents that befall Conformation; namely, in figure, the insensible passage being open or shut, cavity or sensible passage being enlarged or streightened, and the superficies being smooth or rough.

A Disease in Figure hath no Remedies that are proper for it, but it is either cured with the help of Chirurgery, or with Medicaments that respect other Diseases, on which it dependeth. For it is made either by faulty Conformation in the Womb, or violent Motion in the Birth, or the unskilful Swathing by Midwives, or walking when the Legs are weak, disjoyntings, and errours of the Chirurgion in curing Fractures and Luxations, which want the help of Chirurgery, but of those we do not speak in this place.

But the part brought again to its due Conformation is strengthened outwardly with Fomentations and Cerates, which are made of Astringents, but chiefly those that are hot, and shall be described very shortly.

Now if the Figure be spoiled by too great *Repletion*, or extreme in any Emptiness, or by some inclinations of one part toward another, by reason of a Palsy or Convulsion, as it falls out when the Nerves or the Tendons are cut, or from some hard Cicatrice, or great swelling; it is cured by such Remedies as empty, strengthen the Nerves, soften hardness, of which we spake already; also with such as refresh the part that is too empty, and such as glew dissolved unity; of which afterwards.

Rarity, or the opening of the insensible passages which men call Porosities, which in great Joy poured forth, and Diaphoretical sweatings, is often the cause of death; it is cured by Coolers, Astringents, and Emplasticks, or such as draw up the Pores.

Such things as are most obvious to be applyed outwardly; are the sprinkling with cold Water, and so much the more if it be cooled with Snow or Ice, or first altered with cold Astringents, of which we will speak afterwards.

Anointing of the Body with Oyls that are actually cold, especially of unripe Olives; or altered with cold Astringents, as Roses, Quinces and the like.

Also the coldest Air is best, that with the cold of the Air the Pores may be contracted.

If these things suffice not, lay on burnt Gip with cold Water, as a crust upon the Body.

If Rarity possess the part, as when by reason of rarity of the Yard, the spirits cannot be conteined in the hollow Nerve, to cause strong erection, those Astringents that shall be by and by propounded must be applyed to the place affected, especially hot, because so they strengthen the more.

For the Density or Astriction of those passages, if it proceed from any matter that is impacted, hot detergents are most convenient, and such as attenuate, which shall be propounded to take away obstructions that come from thick matter that is impacted.

If it proceed from cold and drineſs, things that are moderately hot and that attenuate without drying are needful, of which there is notable use to dispose the Body to necessary Sweating, and to make the Body transpirable, which is procured to drive away the internal corruptions of Feavers, and to take off all *Cutaneous* spots.

Such are Baths of warm Water, Fomentations of Water and Oyl, or warm Water, chiefly altered with Dill, Camomile, Marsh-mallows, roots of white Lillies, Lin-seed, the flowers of common Jasmin, and Wall-flowers, boyled till half be consumed.

Also Unction may be made with Oyl very hot, first rubbing the part softly, or let the Body be gently rubbed with the Palm of the Hand, dipt in the same Oyl, or some spiced white Wine, adding one half of the decoctions of Violets and Mallows, in common Water, if there be a strong Feaver present.

Also the rubbing it self with soft Cloths, taketh away the thickness of the Skin, and Cupping-glasses do it more effectually, with or without Scarification.

Also for the Amplitude, or Laxity and Dilatations of the Cavities or sensible passages, Astringents are convenient, which do so much the more forcibly thicken them, as the passages are smaller.

The matter of Astringents is of very long extent; they may be reduced to three Ranks, where the choice of every one for use may be easily found.

Some do but a little bind, the use whereof principally is to corroborate the parts, and they do bridle excretions, which are not altogether unprofitable, yet by their quantity and continuance they may weaken the strength.

Some

Some do moderately bind, which have a principal force to repell all Fluxes from the parts that receive them, and to stay all Fluxes that are hurtful.

Lastly, some Astringents do compact the parts that are loosned, and are to be used, when by the force of the defluxion, and vehemency of Evacuation, there is imminent danger; as it falls out most commonly when the matter that flows is very thin, and comes through passages that are very much loosened with the continuance of the defluxion.

In a cold cause let such Remedies be made choice of, that bind with heat, or without any manifest coldness.

But in a hot cause those things will help which work by cooling.

And of all kinds of Astringents, these will be most easily provided for sudden Remedies.

Upon a cold cause these bind a little; all kinds of Wormwood, but especially Sea Wormwood, Egrimony, Betony, Coleworts well boyled, Coriander seed, Cummin seed torrified, the root of long English Galingal, the hulls of Beans, Mastich wood and leaves, Garden Mints dryed, Mastich, Rice dryed, Rosemary, Sage, common Scabious, Frankincense, Rosin of the Larch-tree or Firr-tree boyled hard, sharp Wine, or any other Wine steeled.

The dry Pouders of those are given inwardly, by themselves in sharp Wine to one dram or thereabouts, and something more.

Also all decoctions of Physick Wines, amongst which the best is Wormwood-wine, or made of Mastich wood, or Mastich, or Rosemary, or Sage.

Also ordinary drink is profitably altered with the seed of Coriander and Mastich, and the said Pouders are strewed upon meat.

For an inveterate Gonorrhea without any heat of Urine, the said Rosins boyled in rain Water, or steeled Water, taken for many dayes fasting, are profitable, and made into Pills to one dram, with one scruple of dryed Mints, or the seed of Agnus castus.

Also one scruple of the Pouder of Mastich taken for some dayes in a rear Egg four hours before dinner, will stay the same.

The same Pouder taken the same way, if you drink a draught of Wormwood-wine after it, stayes an Hepatick flux properly so called, and old fluxes of the Belly, and Vomiting also that proceeds from the weakness of the Stomach.

Outwardly Ointments may be made of common Oyl of unripe Olives, (they call it *Omphacinum*) or of Oyl of unripe Olives altered with Wormwood, dry Mints, Rosemary, or Mastich wood, or Mastich.

Or Liniments made presently, such as this following is:

Take *Mastich in pouder one dram, common Oyl one ounce, yellow*

wax what is sufficient: mingle them and make a Liniment.

Little bags are made of Cummin seed torrified, and Rice dried at the fire.

Or moist Fomentations of sharp red Wine, that is altered with the said Herbs.

Or a Cataplasm of the shells of Beans, dryed Rice, the pouder of Wormwood, Oyl and sharp Wine.

Of Mastich and Frankincense, Cerats are made, adding to them Oyl of Wormwood and Rosin of the Pine-tree, with yellow Wax what is sufficient.

For long continuing defluxions of the Eyes: it is good to wash the Eyes often with the best white Wine, in which Frankincense set on fire hath been thrice quenched, adding a third part of River water, if the defluxion be sharp.

These Bind moderately; Bean meal heated at the fire eaten in meats, Chesnuts, Avens, black Knapweed, the green shells of Walnuts, Lentils well boyled and the juyce, the roots of Water-fern.

Also the Pouder of the black Grape half ripe dryed in an Oven, taken one dram for many dayes in Wine that is a little sharp, is propounded by *Septalius* as a great secret to cure an Hepatick flux, also it cureth the Flux of Women, being taken in Aromatical Wine made Physical with Rosemary, Sage, or Mints.

For the Hot affections of the Jaws this doth profit singularly; the Decoction, or the Juyce of the green Rinds of Walnuts for a Gargarism, for which purpose a Syrup is made with Honey and the Juyce clarified.

The Juyce of Lentils well boyled, taken with a little of the pouder of Galanga, or Nutmeg, in the morning, four hours before meat, cureth Vomitings and Stourings that proceed from the weakness of the Stomach.

Avens, and the root of Water-fern boyled in red Wine, or beat into Pouder, is singular good against the falling out of the Intestines and the Matrix.

Outwardly, Mill-dust added to Plaisters is good against Pissing of Blood.

Earth-worms in Plaisters are good for the Nerves that are wounded.

Salt and Roch-allum, put into decoctions of red Wine, are for to corroborate the parts.

Baths of Allum and Gip, (such as are in the Mountain of *Gratas* in the field of *Padua*) are good to strengthen the Limbs that are distempered by long defluxions.

The Mother of the Wine hot, is commended to corroborate the Joynts.

The

The crum of Bread toasted and sprinkled with strong Wine, and with the pouder of Wormwood or Mints is good to fortifie a weak Stomach.

These Bind strongly; great Sanicle, Garden Dropwort, especially the Root, all the Cranes-bills; especially Pigeons-foot, herb Robin, Mouse-ear.

The Decoction of these is given, or the Pouder to one dram.

Also the pouder of a Spunge burnt is most effectual, and the inward skin of Chesnuts.

Of the Juyce of Herbs, and the Pouder of Roots mingled, Bread may be made, baked so hard as Bisquet, which being beaten into Pouder may be mingled with meats, to be taken without loathing.

Outwardly Fomentations are prepared of the Decoctions of Herbs, with sharp Wine, adding some Allum to them.

The Juyce of the fruit of Guajacum of *Padua*, when it is half ripe pressed forth through a linnen cloth, or received by a Spunge, stayeth the most desperate flowing of the Hemorrhoids; therefore it may be thickned with Allum, and be kept for use.

Also Goats dung beaten with Vinegar and laid on, stops all fluxes of Blood.

The leaves of common Nettles beaten till the juyce come forth, and put into the Nostrils like a Tent, stayeth Bleeding at the Nose be it never so violent.

But in a Hot cause these bind a little; Rain water, Steeled water, water of Minerals of Iron, such as is the Water of *Padua*, of the Mountain *Ortho*.

Vinegar, Posca, root of Succory, leaves of the Cypress tree, dryed Strawberry leaves, Barley torrified, of which a Ptisan may be made with Steeled water, Steeled milk, Tree-moss, Myrtles, Purslain, the Clot-burr, spotted Arsmart, Pear tree of the Orchards, sowre Prunes, the leaves of Sloes, Pond-weed, the flowers of Roses, especially the red, the seed, down, cups and root, the flowers and leaves of Willows, Housleek, Mullen, the leaves and tendrels of Vines, Venus navil.

Of these may be provided chiefly Decoctions, amongst which against inveterate Defluxions the decoction of the roots of Roses in some of the foresaid Waters is excellent.

Also this Drink, by certain experience stayeth in one day every hot excrementitious Bloody Flux of the Belly.

Take *the juyce of the greater Housleek and spotted Arsmart of each three ounces*: boyl them to the consumption of a third part, and give it in drink.

Outwardly may be prepared Fomentations, Baths, Emplaisters, Epithems, and other forms of Medicaments, as need requires.

These Bind moderately; the Juyce of Oranges, Citrons, Lemmons not ripe, Wilding leaves, leaves of wild Pomegranates, Barberries, Shepherds-purse, the inward rind of Chesnuts, Cistus, Dog-tree, and the fruit of it, the fruit of the Cypress tree green or not yet ripe, flowers of the Sun, Acorns and their cup, herb Trinity, Hypocistis, the flowers of the wild Vine, the flowers of the purple Water-Willow, all the Sea Lavenders, the common Blood-stone, sowre Pomegranates, Quinces, Pomegranate rinds, Nose-bleed, unripe Mulberries, leaves of the Olive tree, Adders-tongue, Plantain, wild Pear tree, the fruit of the bastard Corinths, the leaves of Brambles, unripe Mulberries, Sow-wort, Iron-wort, Yarrow, all Medicinal Earths, the Elm, Golden-rod, and all these almost may be found in most places.

The dry Pouders of these may be given to one dram, in a Bolus, or drink, or some convenient liquor.

Decoctions may be made of the Herbs, but the Juyces are more effectual, the Dose whereof is from one ounce to two ounces.

These are held for secrets to stop all fluxes of Blood, the flowers of purple Loose-strife to one dram, given several times in sharp red Wine.

Also this Syrup; Take *the Water of Knot-grass or Yarrow five ounces*: let the Blood-stone be so long in this liquor, till the liquor be of a colour like Blood, then add to it the Syrup of Quinces or Pomegranates one ounce, mingle them for a Drink; or in the place of a Syrup put a little Sugar, to make it penetrate, and some juyce of Lemmons, or sharp Pears, or some other that is of a pleasant taste.

To stop the Lasks of the Belly and Vomiting, make a great hollow in a Quince, or some sowre Garden fruit, (Apples of an Iron colour are best) and fill it with white Wax, put it into a Paper and roast it in the Embers; give a piece or two of this strewed with the pouder of unripe Mulberries, a little before meat.

For to stay Pissing of Blood:

Take *the decoction of Golden-rod in Rain or Steeled water four ounces, the water of the whites of Eggs two ounces, juyce of Lemmons two ounces*: mingle this to drink.

For outward Remedies, Oyls are made suddenly of the decoction of Quinces, Cypress-nuts, and of the Pine tree, and other Herbs, adding Posca to it; let them be boyled till the moisture be consumed: the use of these is for Oyntments or Unguents, with which, Litharge boyled in Vinegar may well be mingled.

Epithems may be made with Posca and whites of Eggs.

Fomentations and Insessions of the Decoctions of Herbs.

Defensatives for Wounds are made of Bole-Armeniack, or any

other

other Medicinable Earth, and the common Blood-stone; being mingled and stirred with the whites of Eggs to the consistence of a Liniment: the Sediment of a Whet-stone affords matter for a Plaister to stay all Fluxes.

Rulandus doth frequently extol a Plaister of Potters Clay burnt, and boyled with Vinegar, laid hot to the part, to stop Blood that forcibly runs out of any part.

For the Stomach a Plaister is profitable, made of a Quince, boyled in sowre red Wine, or adding some crums of Bread to it softned in Vinegar.

These Bind strongly, amongst the most common Remedies, Grape-stones, the kernels of the Pomegranate dryed, the flowers of purple Flower-gentle, the inward Skin of wood Nuts, Chervil and the root, great Comfrey, middle Comfrey or the great Daisey, Horstail, Galls especially unripe, Rupture-wort, the root of the yellow wild Flower-de-luce, the true Blood-stone, common Hares-foot, wild Apples, unripe Medlars, the rind of the root of Mulberries, Money-wort, Verjuyce, juyce of Sloes, Knot-grass, the root and leaves of the Oak, the Bark that is between the Tree and the outward Rind, unripe Services, Sumach, male Sanicle, dead Nettles, Bloody-rod of *Mathiolus*, or female Dog tree.

Of these, some are peculiarly commended for some Fluxes, though all of them may be used generally where there is need of great astriction.

For the overflowing of the Terms, these are accounted approved; the shell of the root of the Mulberry, the root of the dead Nettle, Grape-stones, and Pomegranate kernels, the pouders of all these are given severally to one dram, with red Wine or some liquor that is fit for it.

For Spitting of Blood; the Blood-stone taken with Sugar of Roses to one dram, or laid in Astringent potions, till it look like the colour of Blood, or put into a Bag, and beat into very small Pouder, and so strain Wine often through it, or any other ordinary drink.

Against Vomiting and any inveterate and immoderate Fluxes of the Belly, these two Electuaries are the principal. The first:

Take *the roots of the yellow wild Flower-de-luce, boyled in Rain water and passed through a Hair-sieve, two parts, old Sugar of Roses one part*: make an Electuary according to art; the Dose is from half an ounce to one ounce. In the place of Sugar of Roses, let the Poor take half so much clarified Honey, boyled in Rain water or Steeled water, wherein the youngest Leaves of the Oak have boyled some time.

Or other:

Take *the roots of great Comfrey boyled in the decoction of the root of*

Garden

Garden Dropwort, and passed through a Hair-sieve, two parts; old Sugar of Roses one part, or parts alike: mingle them, make an Electuary; the Dose is the same with the former.

If it be prepared for Hepatick fluxes, (and it doth very happily stay them) you must add a fourth part of Comfrey, Wormwood, or a twelfth part of Wormwood, Mastich.

For the same purpose the decoction of the root and young leaves of the Oak is excellent, made with red Wine, adding a little Wormwood to it, if it be drank dayly to two ounces or thereabout, five hours before meat.

Other Remedies may be made for other uses, as every one pleaseth.

Outwardly crude Gip is convenient, mingled with Cerats and Plaisters.

Also Hogs dung, and Asses dung, either fresh, or else in pouder: by either of these all immoderate fluxes of Blood are presently stopt, if it be laid on with the white of an Egg, and blown in.

Guainerius saith, that he used Asses dung inwardly, and Syrup of Sugar prepared with the moisture of the fresh dung pressed out, as a chief Remedy to stop immoderate fluxes of the Terms, and other extraordinary Eruptions of Blood.

Oyl of the Dog-tree, and the root of the Oak made by descent, exceeds all the rest by an Astringent faculty.

Moreover, of the Decoctions of Herbs are made Fomentations and Baths.

Cataplasms are made of unripe fruits beaten with Posca, and moderately boyled.

Also an Unguent may be prepared suddenly; but the Unguent of Chesnuts, and Comitissa may supply the place thereof.

Take *unripe Galls, Cypress Nuts, the kernels of red Grapes, Pomegranate-shells, the middle rinds of Chesnuts, Mastich, of each half an ounce, Oyl of unripe Olives, or of Roses often washed in Allum-water, one pound, white Wax three ounces.* Let the dry ingredients be beat into pouder, and steeped in the juyce of Sloes, or unripe Services, or Verjuyce, or the juyce of astringent Herbs, and let them be dryed at a soft fire; adding thereto before they wax hard, the Oyl and the Wax, mingling all gently by stirring it.

If you had rather have it for a Cerate; take Rosin three ounces, and Wax five ounces, to the said quantity of Oyl and the Pouders.

Streightness and Closeness of the Passages comes to pass five wayes: by Obstruction, Constipation, Compression, Cleaving together, and by Sinking down: whence the differences of Diseases in Streightness are taken; which, as they differ by generation, and variety of their causes, so are they taken away by divers Remedies.

Obstru-

Obstruction is properly called so, that streightness of the Passages that comes from things that are contained within contrary to nature, not that are united and sticking to the Passages; such are Vapours and Humors that abound too much, or that are too thick and clammy, also corruption, clotts of Blood, and Milk, Thorns, and little Bones that stay in the Throat and hinder the passage, Hairs, Stones, Worms, Dregs that stick to the Intestines.

Corruption shut up in Impostumes, is taken away by opening the Impostume; which is done with Iron or actual fire, or by a potential Cautery; of which a little after.

That which sticks to Ulcers is taken away with Sarcoticks, of which we shall speak in the cure of Ulcers.

That which is poured forth into other Cavities, as into the sharp Artery, is taken away with such things as cut and cleanse; Clots of Blood are to be dissolved by Remedies that are elsewhere set down, and are to be evacuated by purging the Belly, also by Urine, Spittle, for the situation of the part affected; by Purgations and Diuretick, and Expectorating medicaments set down before.

Also such Remedies as dissolve Clotted Milk and discuss it, are evident by those things which have been said.

Things that stick in the Gullet, if they can be seen, let them be drawn out with Iron Instruments; if they remove the least from their place, by Sternutation, Coughing, or Vomit provoked by putting in the Finger, or a Feather into the Throat; also by drinking plentifully, or by swallowing down some solid Gobbet not much chewed, and lastly by swallowing down a Spunge, first dipt in Rosin, that the thing may stick to it, and then drawn up again by a long thred tyed to it.

If Hairs and other things that come from without, appear, they must be taken out with Chirurgions Instruments; if they be hid in the Stomach and Intestines, they are driven out by Vomit or Purging, as the sick is inclined.

Concerning such things as Purge the Belly, and drive out the excrements, and further concerning Remedies against Stones and Worms, and such as discuss abundant and gross Vapours, we spake, amongst the Remedies that take away the cause of the Disease.

Obstruction from fulness, or abundance of Blood, is taken away by a thin diet, that is not of the best and much Juyce; by strong exercise, and much rubbing, as by Medicaments that dry the whole Body; and by sensible Evacuations, namely opening the Veins, Scarifications, Cupping with scarifying, Leeches.

Bad Humors that are many, thick and clammy, by which frequently the Mesenterium, the Liver, Spleen, Matrix, Reins, and Veins and Arteries of other parts are stopped; require Medicaments,

first

first that are cutting, attenuating, and cleansing, lastly Purging.

Concerning Purging medicaments, we spake abundantly at the beginning; those are of another kind, that are set down for to prepare grosse Humors; but because these that unstop the passages are of larger extent than such as prepare the Humors, and there is a very frequent use of them in the cure of Feavers, Hypochondriacal Melancholy, the cure of the Spleen, Jaundice, the want of Terms; it will be worth our pains, to reckon them up more distinctly, and to set them down in three ranks, namely cold, temperate, and hot, that so the choice of them may be the more ease.

Cold Remedies that unstop, are convenient in the more acute Feavers, parts that are hot, and obstructed by Humors thickned by adustion; amongst which the most obvious are, Sorrel, juyce of Citrons and Lemmons that are sufficiently ripe, Succory, Endive, Strawberries, roots of Grass, Liverwort, Hawkweed, the roots of all the Docks, seeds of Melons, Pompions, Citruls, Cucumbers, Gourds, Sowthistle, Garden Endive, Dandelion, sowre Trefoyl.

Of these are made Decoctions with Water or Broth; for Syrups; which will be better, if you add an Emulsion of the four great cold Seeds.

Whey of Milk clarified is effectual by it self, but is made most effectual by adding an Emulsion of the said Seeds, or if it be altered with opening Herbs.

The clarified Juyce of Herbs is mingled with Broth, for a present Syrup, to two or three ounces, the greatest use of the juyce of Citrons or Lemmons is in meats and medicaments, as also of the Emulsions of the seeds of Melons and Gourds, as also those more liquid Panadaes, and Ptisans of Barley, as they are commonly called.

For ordinary drink, the Decoction of sowre Trefoyl is pleasant enough, of Sorrel, Strawberries, and Grass, which may be made more sharp, adding a quantity of the Juyce of Citrons or Lemmons.

But this is the thing that is most necessary, which sowre Roots perform, to deceive the sick withall, that one still calling for Drink, that they may make the Water sharp, and it may be made of the colour of red Wine.

Those that are most temperate, wherein there is no notable excess of heat or cold that can be deserved, are most convenient for Chronical Feavers, from the adustion of Humors, which is grown cold; also for Melancholick Diseases, namely for Hypochondriacal Melancholy, and such as are grown hard: amongst simples, such are, Maidenhair, Waters of sowre Minerals, Hops, Liquorice, Trichomanes, Five-leaf-grass, all which are added to the Decoctions of the other cold Ingredients.

Many

Many more Compounds may be made for every mans deſire: for cold things mingled with thoſe that are equally hot, in the ſame proportion, do make them temperate.

For this end, ſometime clarified Whey is altered with Egrimony, roots of Aſarum, Dodder, with a little Wormwood, than which there is nothing more profitable for the affects and diſeaſes of Melancholy.

The ſame way may be given the juyce of Succory thickned with the juyce of Agrimony, and a little prepared Steel, to be taken in a Bolus before any opening Decoction.

Alſo Honey and Sugar added to the Juyces and opening Decoctions of cold things, make temperate Remedies.

For this purpoſe eſpecially two common Syrups do ſerve, that are eaſie to be prepared, namely Oxymel ſimplex, and ſimple Syrup of Vinegar, which conſiſt of one part of Vinegar, two parts of Honey or Sugar, and one fourth part of Water.

But the three following Remedies of this rank are the beſt, and eaſie to be made.

Firſt Smiths water clarified for ordinary drink; with Water is made a weaker Mulſum, adding half as much of Honey or Sugar.

The ſecond: one ſcruple of Cremor Tartar to one dram, added to opening Broths.

Thirdly: prepared Steel, without which, Schirrous hardneſs, and obſtinate Obſtructions will hardly be removed.

The uſe of theſe is manifold, and ſo is the preparation; the moſt eaſie, and the ſooneſt made, and the beſt, is this.

Let Steel be beaten into thin and long Rods, or little Plates; for by putting to them a roul of Brimſtone they will melt, and fall into the Water that is put under them, and then they muſt be grownd into a moſt fine Pouder; this Pouder is given from half a ſcruple to two ſcruples or thereabouts, either in a Bolus, Electuary, or Wine.

The faſhion of a Bolus is this:

Take *juyce of Egrimony, Borrage thickned, of each one ounce; Steel prepared two ſcruples*: make them for two Boluſes, to be taken a little before an opening Decoction.

The Electuary is thus:

Take *the pouder of Egrimony, Maidenhair, Stone-fern, Harts-tongue, roots of Cinquefoyl, Liquorice, Steel prepared, leaves of Senna, of each one ounce; Cinnamon one dram and an half, the pulp of Royſins boyled in white wine, and pulped through a Hair-ſieve, one pound, Syrup of Apples only*, or for the Poor, *Oxymel ſimple, two pound*: mingle them for an Electuary according to art, to be taken to about one ounce, four hours before Dinner.

It

It is given in Wine two wayes, either drinking the fine pouder of Steel mingled with Wine, or preparing Steeled Wine.

This will be an excellent Pouder for one Doſe.

Take *prepared Steel and Cremor Tartar of each one ſcruple, Cinnamon half a ſcruple:* mingle them for a Pouder.

Steeled Wine will be made, if in four pound of fragrant white Wine you put in Steel prepared and leaves of Senna, of each one ounce; Cinnamon two drams, opening Herbs, and proper for the part obſtructed, three handfuls; let them ſtand eight dayes in a hot place, and ſtirr them often: ſtrain them for your uſe, and give two or three ounces to drink; alſo a moſt excellent Steeled Syrup may be prepared after this faſhion:

Take prepared Steel ſo much as you pleaſe, pour upon it the ſharpeſt Vinegar, that it may ſwim above it four fingers breadth, and let it ſtand in a hot place until it hath drawn out the tincture of the Steel; then by inclining the Veſſel, pour it from the grounds: add to this Sugar, or Honey clarified, the double proportion; moreover half an ounce of Raiſins, and one pugil of the tops of Wormwood to every pound of Vinegar; boyl them at a gentle fire to the conſiſtence of a Syrup, then ſtrain them: the Doſe is one ounce, with a Decoction that is proper for the part affected.

Thoſe things that are applyed outwardly muſt be mingled of ſoftners and diſcuſſers; ſuch are the Fomentations of the decoction of Mallows, Marſh-mallows, Melilot, Fenugreek, Dill, Camomile, and a quantity of Wormwood to corroborate the part; adding about the end of the Decoction, ſome white Wine and Vinegar to help the penetration.

After the Fomentation, make an Oynement of Oyl prepared by decoction, of the things aforeſaid, ſuch as is deſcribed amongſt thoſe that ſoften hardneſs.

The Hotter things that unſtop, are convenient for a Cold diſtemper, and a Cold time, as alſo for long Agues; ſuch are theſe common Simples: Wormwood, Egrimony, Smallage, Mugwort, Aſparagus, Betony, chiefly the root of Capers, the rinds, Stone-fern, Germander, Dodder, common wild Carrot-ſeed, root of Elecampane, Fennel, rind of Aſh, Fumitory, the common and the yellow root of Gentian, Harts-tongue, Fetherfew, white Horehound, or wild Mints, Parſley, Penniroyal, Madder, Knee-holm, Tamariſk, Savory; in the uſe whereof, thoſe muſt alwayes be choſen that are proper for the parts affected, and are propounded amongſt the Alteratives.

Alſo Syrups, and Electuaries, and Decoctions are made of thoſe things we have ſpoken of, as the occaſion ſhall be.

The Decoctions are made the more effectual in the Broth of an old Cock, or Pigeon if you can procure it.

Alſo

Also Physick Wines are supposed to be best, as Wormwood-wine, when the weakness of the Bowels is of long continuance; and of these Wines; adding half the quantity of clarified Honey are made Syrups that are profitable and pleasing; but the Wines are made most effectual, adding Steel to them, as we shewed before.

A something full Mulsum will be best to drink, if it be altered with the Herbs propounded; as also all compound Oxymels made with the same for a Syrup, such as is the ordinary Syrup of the Apothecaries, made with the five opening Roots, Smallage, Asparagus, Fennel, Parsley, Butchers-broom.

Also the use of Vinegar of Squils is extolled, added to Syrups and Decoctions, to half a spoonful.

Some there are that prefer before all these, the use of the root of Cuckopint, often infused in Wine, and still dryed again, till it hath lost almost all its Tartness.

It may be also added to Electuaries, but the fine pouder of it is oftner used, given with Wine or Broth: the fashion of it may be thus;

Take *prepared Steel and Wake-robin prepared, of each half an ounce, Cinnamon one dram and an half, Fennel-seed half a dram, fine Sugar one ounce*: mingle them.

It is made more effectual by adding to it one dram of Salt of Wormwood: make a very fine Pouder, the Dose whereof is about one dram. *Or,*

Take *Cuckopint prepared one ounce, tops of common Wormwood (Salt of Wormwood is far better) one dram, Cinnamon one dram and an half, fine Sugar to the weight of them all*: mingle them and make a Pouder.

By themselves mineral Waters that come from Brimstone do open exceedingly, and from Nitre, drank after that the whole body hath been purged: as also common Turpentine given in a Bolus, about one dram and an half, which also it may be drank, if it be stirred with a little of the yolk of an Egg, and the water of Egrimony, or Wine be put to it, by little and little to two or three ounces, always stirring it, till it be perfectly white.

Outwardly Fomentations may be used of the Decoctions of Digestives and Emollients, adding about the end of the decoction, white Wine and Vinegar, not forgetting Herbs that are proper for the part affected, of which also Oyls may be made by decoction, for Oyntments.

Bucketing and droppings of Waters that proceed from Brimstone are the most excellent, and such as proceed from Pitch, and the mud of the same, applyed as they ought to be.

Constipation of the Cavities, is properly called streightness that grows from things that are bred within, and stick to the part, namely, from Tumors, Flesh, a Callus, or dead Child. Things

Things that drive out the dead Child, were propounded amongst the Remedies of the Cause that is peccant in substance.

We shall treat of Tumors amongst the Diseases of augmented Magnitude.

Flesh and a Callus, as they are not hard to be taken away with Instruments of Iron, when they may be seen, so they are taken away only with Physicks, and that with much more difficulty, when they are hid within the Body: and since Flesh is softer than a Callus is, it requireth more mild Remedies that either dry strongly, or heat very gently; but a Callus requires either Corroders, or such as Putrifie.

Therefore for Flesh these are convenient, round Aristolochia roots, Antimony calcined, roots of black Hellebore, burnt Allum, burnt Galls, the ashes of burnt Honey, common Red-lead, ashes of roots of Gentian, Oyster-shells, especially such as are burnt, Lead calcined with Brimstone, the ashes of burnt Spunges; the pouders of all these are mingled with Unguents, or infused in Liquors.

The following Oyntment is approved for Excrescences of Flesh; but first of all, it takes away little flesh in the Urinary passages, and that without pain, if it be put on the end of a Candle, for it sticks very fast, and doth not excoriate the parts that are sound.

Take *Honey burnt to ashes, prepared Tutty, fresh Butter washed, washed Turpentine, yellow Wax, of each half an ounce; burnt Allum half a dram:* mingle them and make a Liniment according to Art.

This Pouder also is excellent, described by *Mercatus*, lib. 2. *de rectis Præsidior. usu*, cap. 7.

Take *Verdigrease, Auripigment, Vitriol, and Roch-allum, of each equal parts:* bray them with the sharpest Vinegar, and make them into fine Pouder, and set them in the Sun in the Dog-dayes; the Pouder being dryed, must again be made fine with Vinegar poured on, and put into the Sun the second time, and this must be done for the space of ten dayes; then,

Take *Litharge of Gold poudered and sifted one part, Oyl of Roses two parts:* boyl them to the consistence of a Plaister; take an equal part of this, and mingle with the said Pouder for your use.

Also this Pouder takes away all Excrescences, by certain proof.

Take *the shells of Walnuts, Spunges, roots of round Aristolochia, of each equal parts:* let them be dryed together in a Pot put into an Oven, that they may be beaten into a pouder; and with this pouder strew over the part affected, first anointed with Honey.

These take away Callous matter, amongst the most common Remedies; Orpiment, Spanish Green, Quick-lime, Lees of Wine burnt, Lees of Vinegar burnt, burnt Vitriol, Oyl of Brimstone and Vitriol.

All

All these things in use are tempered with milder Remedies; sometimes in greater, sometimes in lesser quantity, as need requires.

An Example of them in Infusion.

Take *the decoction of round Aristolochia, black Hellebore, Marshmallow roots, half a pound, Oyl of Brimstone or Vitriol half a scruple* mingle it for an Infusion.

For an Unction:

Take *burnt Vitriol and Allum burnt of each one dram, fresh Butter very well washed half an ounce*: mingle them.

If you add the pouder of white Poppy-seed or Henbane; you make a Remedy wholly without pain.

The pouder of *Mercatus* used by it self is most effectual.

This is exceeding good that is more easie to provide. Work Quick-lime with Honey, like a paste, and dry it in an Oven, that it may be beaten to pouder, to be strewed upon any Callous or superfluous Flesh; first anointed with Honey.

Compression of the passages, since it comes from all things that press upon the passages, and by any intervenient thrusting either of Heavinesse or Extension, or Violent impulsion, or Astriction, it hath no peculiar Remedies; for heavinesse and extension proceed from the plenty of matter, and are taken away with such Remedies as Evacuate sensibly, or insensibly; of which we spake before.

Extension from wind is removed with Discussers.

Violent impulsion frequently follows luxations, depressions, and fractures of the Bones, which are cured by Chirurgery.

Violent Astriction follows most commonly outward causes; as bands bound too fast, which must be untied.

Growing together of the passages, is made by a mutual Glewing together of the sides, when Nature fills up the wounds of them by the coming of good Blood thither; and this is cured only by an Incision-Knife, or Iron Instrument that can part the sides that are Glewed: but after separation, the sides must be well fenced, that they may neither touch one the other, or grow together again; therefore the growing together of the inward parts is incurable, because they cannot be cut.

The sinking down of the Cavity, if it fall out by reason of Evacuation of the matter that should be contained within it; it is cured by Nutriment only to regenerate necessary matter.

If it proceed by reason that the sides of the Cavities are contracted by over-much Drinesse, or fall down by over-much Relaxation; it is cured by moisture, or great dryers; for moistning, the more gentle Emollients are convenient, and such as are properly called Anodynes, propounded in their proper places; for drying, digestives and discussers are most fit;

being mingled with Astringents, the most forcible that were set down before.

When the Superficies is too plain it is taken away with Remedies that scour, and then with dryers.

Things that scour, are all such that were propounded for to prepare Flegm.

To take away Obstruction, by the stuffing in of gross and clammy Humors, and to scour the Skin, natural Salt waters have a kind of prerogative, and artificial waters also, and Honey added to Decoctions which are principally made of bitter things, as the roots of Gentian, Elecampane, long Aristolochia, and Centaury the less.

For drying, things that Evacuate insensibly are most fit, being mingled with the strongest Astringents, of which before.

When the Superficies is rough, it is cured with softners, and such as are properly called Anodynes, when it proceeds from dryness: but particularly the roughness of the Throat, and the top of the sharp Artery, which falls out very frequently, is cured by those things that Purge the Breast by Spitting, which are propounded for Salt matter.

But if it proceed from sharp Biting matter that lightly takes the Superficies, it is taken away by such Medicaments that temper sharp Humors, both by washing them away, as also by suppling them with a tempering vertue; of which we spake amongst the Remedies that alter the cause of the Disease.

Remedies of Diseases in faulty Magnitude.

Natural Magnitude is made faulty either by Excess or Defect, when it is augmented beyond its proportion, or diminished. The kinds of Magnitude diminished are reckoned to be, Defect of Nourishment, or Leanness of all the parts, and Marasmus, or a Consumption of the whole Body, following a Hectick Feaver, or wasting away: for Leanness of those that recover after sharp Diseases, scarce deserves the name of a Disease, because it quickly goes away, so soon as the Disease on which it depended is removed.

Of Magnitude increased, which men call Tumors, all the differences are taken from the cause, which in general is four-fold.

The first is a solid Body according to substance, belonging to the soundness of the Body, whence comes grossness, from over-much fat; *Hypersarcosis*, from some Excrescence of Flesh, Ruptures of the Bowels, and the Caul, when the Guts or the Caul fall down, which also makes a Disease in situation.

The second is a Humor, or something like to a Humor, whence comes that they call *Phlegmone*, from Blood, *Oedema* from Flegm,

Erysipelas

Erysipelus from Choler, *Schirrus* from Melancholy, a kind whereof is *Tophus*, and *Struma*, *Cancer* from black Choler, *Carbuncle* from burnt Blood, and from a watery matter like to a Humor, *Hydrocephalus*, and the Dropsie of the Abdomen and the Matrix.

The third is, that which comes preternaturally from the Humors, as puffing up from Wind.

The fourth is, that which grows in the whole kind preternaturally, from a various and unspeakable corruption of the Humors, whence comes properly an Impostume, or little Swelling with a little Bag, namely Meliceris, from a matter like to Honey; Steatoma, from a fat matter like to Sewet; and Atheroma, from a matter like to Gruel.

A particular Consumption, such as falls upon those parts that are held with a Palsie and Convulsions, requires first such Remedies as can Purge out the foulness of the Body by the passages convenient; then Nourishments that can make good Blood; lastly Attractives that draw Blood to the part, and can stirr up the heat of it and strengthen it.

Gentle rubbings till the part wax red, and swell a little, will perform all these.

Also Baths of Sweet water something hot, wherein Herbs are boyled, proper for the part, to be used till the part Swell a little.

Or Fomentations and wettings with Water and Oyl, Milk, Sweet Waters altered with Mallows, Marsh-mallow, and Herbs that respect that part.

Last of all, the most prevalent Remedy is Picarion, till the part wax red and swell; and these things are to be done after Concoction, before any more meat be eaten.

In a Consumption of the Eyes there remains no place for pications or rubbings, but only for Fomentations; the best whereof are made with Milk, a little Saffron, or of the same boyled with Mallows, Violets, Marsh-mallows, and Fennel, or with a sweet Apple, brought to the form of a soft Cataplasm, with a little Saffron.

A hot *Marasmus* without a Consumption, which is curable, is chiefly overcome with the use of Milk and Baths; Womens Milk sucked out of the Breasts, or Asses Milk, or Goats Milk new milked drank with a little Honey or Sugar, taking by degrees from three ounces, to seven or eight ounces; about five hours after the drinking of Milk, a Bath of Sweet water is to be used, which must be kept something hot till the time the sick come forth of it; and then he is to stay a while till he is a little cold with it, for the uniting of heat, and retaining of Nourishment; or presently after the Bath, the Body must be gently rubbed with the Palm of the Hand, wet with Oyl of

Violets and ſweet Almonds, ſomething cold: If there be a Conſumption the Bath muſt be let alone, and the Body muſt be rubbed only before meat, after the manner we now ſpake of, and he muſt apply himſelf to Milk, and he muſt uſe alſo ſuch Remedies as concern the Ulcer of the Lungs. If the uſe of Milk be forbidden by reaſon of the cauſes ſet down in the 5. *Aph.* 65. He muſt uſe inſtead thereof a Ptiſan of Barley.

Some hold this Ptiſan for a ſecret, which is preſently provided, and muſt be taken twice a day.

Take *Barley meal ſix parts, fine Sugar one part*: place them bed upon bed in a glaſed earthen Pot, and the firſt and laſt bed muſt be Sugar; then making a cover of Paſt, put it into the Oven after the Bread is drawn forth: and it will be baked ſufficiently the third time of putting of it into the Oven.

For a Ptiſan:

Take *of this baked Meal two ounces, broth of Wood-ſnails, or Snails four ounces*; mingle them.

But for an Ulcer of the Lungs in particular this is commended: Take one dram of the pouder of Yarrow daily in Broth or ſome convenient Decoction.

Alſo a Cake of dryed Fole-foot taken dayly made with Butter and Sewet of a Hog.

Some preſer Sugar of Roſes with Bole-Armoniack, or ſome ſuch medicinal Earth, and the Blood-ſtone uſed for ſome moneths together, above all other Remedies.

Groſs Bodies are brought lean, after fit Evacuation of the Body.

Firſt, With a thin diet, and many hot and frequent rubbings of their Body, then by the daily uſe of ſome attenuating and drying Remedies, amongſt which, the moſt commended are, one dram of Aſhkeys in Broth, with half an ounce of the Vinegar, or one ſpoonful of Vinegar of Squills, in a good quantity of Broth before meat; ſome aſcribe the ſame vertue to Oxymel of Squills, or the Troches of Squills.

Alſo the ſeed of Ameos, or the ſeed that is in Elder-berries can do as much, taken to half a dram, drank in the decoction of the Aſh.

But the greateſt force lieth in the pouder of Vipers to dry the Body, of which we ſpake amongſt the Antidotes, if half a dram of it be taken in Broth or Wine, four hours before meat, and ſo much the more if the Body be luſtily exerciſed after the taking of it.

To this place belong all things that provoke Sweat and Urine.

Thoſe Remedies take away Excreſcences of Fleſh, be they from a Callus or fleſh, that are Remedies of Conſtipation; of which we ſpake before.

A *Hernia*

A *Hernia* of the Caul can be taken away by no other means than by cutting, which is full of danger, it can hardly be helped by ſtrait Ligature: But a *Hernia* of the Inteſtines is eaſily Glewed together in Children and Boys, with outward uſe of Aſtringents and fit Ligature. But in people that are of years, if it be old, it is held hitherto by Phyſicians to be incurable, without Chirurgery: yet Uſe, that is the beſt Maſter of things, and Judge of Remedies, hath taught us not long ſince, that the Ruptures of men of years, and that very great ones, and of long continuance, have grown together by the uſe of Medicaments only, and a convenient courſe of diet, and that within threeſcore dayes at the longeſt, in manly and in old age; but in forty dayes in young men, and at mans ſtature; by the help of which Remedies, Boyes are cured within twenty dayes; unleſs the falling of the Inteſtines into the Cods be very great, and almoſt grown habitual.

And theſe Remedies may be ranked amongſt thoſe, that are eaſie to be prepared, ſince they are compounded of a few things, and thoſe, not fetcht from foreign Countries, only one excepted.

The firſt is this: Take one dram of the herb Two-blade, in half a Cup of red Wine, boyled with the leaves of the ſame Plant, every morning five hours before dinner. And let the place affected be daily anointed with Oyl of ſowre Olives, wherein a whole land Hedge-hog that is old hath been boyled, with his Skin and all, till the fleſh be conſumed.

The ſecond. Take for threeſcore dayes one Cup of ſtrong red Wine altered with one ounce of Rupture-wort (the whole Herb with the Roots muſt be taken, and the tendreſt can be got) firſt bruiſed, and during the ſaid time, a Spunge muſt be laid to the place affected; that is firſt dipped into the ſame red Wine, and then preſſed out.

The third. Take one dram of Pouder, of equal portions, of Rupture-wort, Wall-Rue, Aſparagus, and Horſe-tail in half a Cup of ſtrong red Wine, for the time ſpoken of before; and let the place be anointed twice every day with common Oyl or Oyl of St. Johns-wort, wherein live Lizards, by long ſtanding of it in the Sun, are conſumed.

The fourth. Let a Cerate be laid on, made of equal parts of Bdellium and poudered Aloes with the white of an Egg; and the ſame time let the ſick take one dram of the Pouder following in half a Cup of the beſt red Wine, five hours before Dinner.

Take *roots of great Conſrey, herb Bennet, common Hedge-hyſop the leſs, Two-blade, Horſe-tayl, Coriander prepared, juyce of Roſes, Steel prepared with Roſe-water, of each one ounce and an half*: mingle them, and make a fine Pouder of them all.

The preparing of the Steel is this. That the filings of Steel or Iron be quenched in Roſe-water, and then dryed in the ſhade, and

then again be set on fire, and then quenched a-fresh in the same Water, until it can be poudered very fine.

But in the use of these Medicaments this Rule is generally to be observed; that a Truss be constantly worn, and the sick must take care he hold not his breath, nor use strong exercise, nor eat or drink meats or drinks that are windy.

Remedies for Tumors that proceed from Humors, are manifest by what hath been said, since they must be directed to the taking away of the cause, which must be repulsed at the first; but in the augmentation, they must partly repell, and partly digest; in the state, they must digest, or if it can be, bring to suppuration: but a Tumor that is very hard, must be accurately softned, then digested and dissolved. Therefore some few things shall here be only annexed, that are found to be proved for some Tumors, and are Remedies easie to come by.

For an Erisipelus of any part whatsoever:

Take fine Wheat flower so much as you please, put it into a Bag of thin weaving and lay it to the part, at any time of the Desuxion.

For Kibes that are ulcerated, this is a most excellent Unguent.

Take *leaves of green Tobacco, the inward rind of the Elder, of each one handful, roots of the male Daffodil sliced one ounce, common Oyl one pound*; boyl all at a gentle fire till all the moisture be consumed, then press all out strongly, *and add Frankincense finely poudered half an ounce, yellow Wax six drams*: mingle them for a Liniment, and anoint the part affected within. Then for Fingers that are pained, let it be rubbed strongly on them till they grow very red and hot.

This is also good for foulness of the Skin and for Morphews.

Against the swelling of the Feet from weariness, long disease, or contusion.

Take *the meal of whole wheat* (that is not sifted) *half a pound, ponder of Wormwood half an ounce, Roses one ounce, sharp red Wine what may be sufficient*: make a Cataplasm at a soft fire; adding about the end, *compleat Oyl of Roses one ounce and an half*; make an Unguent, lay it on twice a day.

For hard swellings not ulcerated, a singular Remedy after due Purging of the Body: give for four dayes together one dram of the pouder of common Gladiol, which groweth most frequently amongst Corn, and take it in Broth altered with the root of Pilewort, four hours before meat.

And lay upon the part a Plaister of bruised new Wax, not yet purified from the Bees and the Honey: but if you cannot have it, then lay this Cerate.

Take *the poudr of Lizards dryed in an Oven one dram and an half, juyce of Tobacco, yellow Wax and Burgundy Pitch of each half an ounce*: mingle

mingle them and make a Cerate; in the place of *Burgundy* Pitch, which is rare in *Italy*, take *Colophonia*.

For a Cancer not ulcerated, that is not yet come to any notable magnitude, nothing is better than the long using of the Plaister of *Aquapendente*, after a sufficient purging of the Body.

Take *meal of Millet one pound, Oyl of Roses* (worked in a Mortar of Lead with a Leaden Pestle, till it become of the colour of Lead) *five ounces, sweet Wine four ounces*: make them to a Plaister, with a sufficient quantity of the decoction of Garden Nightshade, Sowthistle, and Golden-rod, of each alike, made in pure Water.

For watery and windy Tumors, Remedies propounded amongst things that discuss, are proper.

An Impostume with a little bag, is not cured by Physical means only, but the whole Bag must be drawn forth; or if that cannot be done, after the Tumor is opened, it is to be consumed, partly with putrifying Remedies, partly with eating Caustick; of which we have spoken already.

Remedies for Diseases in Number.

Since that a Disease in number Wanting, is made to be according to the defect of something belonging to the complement of the Living, a Disease in number Augmented must properly be considered, according to the addition of some natural thing that is redundant in Number. Yet by the use and abuse of names, Stones, Worms; a Pin and Web are referred also to diseases in Number.

Remedies for Worms and Stones are to be found amongst these things which respect the cause from the whole substance.

For a Pin and Web, these amongst Remedies easie to come by are the most convenient, being applyed warm to the Eye, but especially by the help of an ocular Cupping-glass, that the Remedy may work longer and stronger.

Take the Herbs, *Celandine, Fennel, Vervain, Rue, of each one handful; Honey of Roses half a pound, of Rapt roots bruised two ounces*: stamp the Herbs and set all mingled together in the Sun, and let them be stirred daily; after forty daies press out the Juyce, to be kept for use in a Brazen Vessel, and drop it into the Eye by it self, or mingle it with more gentle Eye-salves.

Another. Take fine poudered Sugar, boyled in a Glass dish upon Ashes till it wax Red, likewise Vitriol purged from the dregs, and exposed to the Sun till it wax White, of each equal parts; with this Pouder fill the hollow of an Egg boyled till it be hard, then binding both parts of the Egg fast together, steep it four dayes in Water of Eye-

bright, or white Wine that is something sweet, wherein Eye-bright hath first been boyled, or seeds of Fennel or *Siler montanum*; keep the Liquor pressed out in a Glass for your use.

Another. Take *white wine somewhat sweet very well purged and clarified one pound, Fennel-seed three drams, Indian Cloves one dram and an half*; steep them for four and twenty hours, then strain them: to which add afterwards, *Aqua-vitæ two ounces, Antimony once melted, with an equal quantity of Salt-petre, two drams*; then infuse them again for two dayes, then keep them for your use in a Glass Vessel.

Another. Take the juyce of Onions, drop it in by it self, or else allayed with a little white Wine. It is a most excellent Eye-salve, and which wonderfully takes away the Inflammation of the Eye, when there is any.

Also there is a singular Collyrium described amongst the Remedies for the Eyes, which when need is, may be made more effectual, by mingling some kind of Gall with it, or of the second Collyrium that was propounded, or the juyce of a white Onion lightly boyled with Milk.

But a Disease that is properly in number augmented, which followeth abundance of matter, and the strength of the Plastick faculty is better cured by burning and cutting, than by consuming Medicaments.

A Disease in number deficient, if it be natural, is altogether incurable, because it proceeds from want of matter, and the weakness of the Forming force, as also an accidental deficient, if it fall out in a Spermatical part, it is incurable; but in a fleshy part sometime it admits of cure. It requires the same Remedies that an hollow Ulcer doth, or a compound Wound, because the part is wanting by the same causes, namely, cutting, burning, corroding, putrifaction, and the like.

Remedies of Diseases in Situation and Connexion.

A Disease in Situation and Connexion, is either Connatural, and it comes to pass when the matter is taken away in the time of Forming; or it is accidental, and falls out usually by reason of three kind of causes, from Laxation or disjoynting of the Continent parts, from Solution of Unity, and violent Extension from too much Repletion, or Drivers.

The fault of the Plastick quantity admits of no cure.

The other three causes require the same Remedies that a Disease in Figure doth, which doth necessarily accompany a Disease in Situation.

Reme-

Remedies of Diseases in dissolved unity.

Of dissolved Unity there may be assigned two chief kinds, an Ulcer, and a Wound.

That comes from an eating cause, and so must necessarily have joyned with it, loss of substance.

A Wound, is all other kinds of dissolved Unity, without an eating cause; whether it be simple solution of Unity, or with loss of substance, as in a Compound Wound.

And though for the diversity of parts, often all these things are changed (for an Ulcer in the Bone is called Rottenness, a Wound Fracture, when the Nerves are broke, it is called Convulsion; when they are pricked, Puncture; and when the Flesh is bruised, men call it Contusion) yet still they hold the same nature, so they differ not in generation; for whatsoever Ulcer proceeds from a sharp and corroding matter, such as are the Humors, and sharp Bloody matter, harsh Poysons, and Medicaments that are putrifactive, and caustick, actual fire, corruption, moisture, into which the substance corrupted is dissolved, as in a Gangrene: all other causes that dissolve the continuity, by cutting, breaking, knocking, contusion, they make a Wound only taken in a large sence.

A simple Wound, or solution of continuity without loss of substance, is cured by Glutinative medicaments, which by drying, binding, sticking, force the lips of the Wound together, and bind them fast: which Union cannot be made immediately in the Bones, because of their hardness; but it is made by the means of a Callus, the matter whereof glewing nourishments afford.

But Fractures are fastened and confirmed by the same Glewing Remedies, of which there are two ranks, such as are moderate, and such as are forcible: those belong to a part and constitution that are moist, these belong to parts and constitutions that are more dry, and to a Bloody Wound.

Moderate Glutinatives, the most obvious are; the white of an Egg, St. Peters-wort, Tutsane, Yarrow, Shepherds-purse, the fruit of creeping Balsam, new Cheese, and Glew made of it, Horse-tail, herb Bennet, Cissus, Flower of the Sun, the Grass *Ischamon*, Plum-tree Gum, Ground-Ivy, The herb *Siciliana*, herb Trinity, St. Johns-wort, Adders-tongue, Yarrow, leaves of Medlars, *Ophris*, Plantane, wild Pears, Damask Roses, the Bramble, the male Sanicle, Germander, Scabious, Veronica, Golden-rod, leaves of Elms.

Of these may be made Vulnerary drinks; also they may be given inwardly in other forms.

They

They are laid on outwardly either bruised, or strewed, or in pouders, or pressed out and dropped in, or boyled, chiefly in sharp red Wine, and their operation is helped by Ligature, by which the lips of the Wound united are held together.

There are some other things, whereby Wounds that are simple and new, are presently joyned together, applyed by themselves and bound on; namely Rosin of the Larch or the Firr-tree, Pellitory of the wall bruised, the bruised leaves of Tobacco, dry Pitch, spotted Arsmart, beaten Oyl made by insolation, or the leaves of Adders-tongue, or the fruit of the Balsam Apple.

But the chief of all, and like to a West *Indian* Balsam, (than which to knit Wounds together, there is nothing better) is the Oyl that is drawn out of the flowers of St. Johns-wort, shut into a Glass, and made by the heat of the Sun-beams, by descent. Also, Earth-worms washed in Black Wine and beaten, are good: also amongst easie to be provided, may be set down that they call *Oleum Hispanum*, described in the five Books of Chirurgery of *Aquapendente*; by which in twenty four hours time, Wounds are said to be healed.

These Glew together violently; Lions-foot, the flowers of Flower-gentle, middle Comfrey, the less Comfrey, unripe Galls, all the Cranes-bills; but chiefly Pigeons-foot, Hypocistis, Hares-foot, rinds of Pomegranates, leaves of the Olive, chiefly the wood Olive-tree, Mouse-ear, Knot-grass, juyce of Sloes, the tender leaves of Oaks, Stone-Comfrey of *Lobelius*, Dog-berry tree.

The way of dispensing of all these is the same with the former.

Outwardly, the Flew of a Hare burnt, Asses dung, burnt Spunges, and brought to Pouder, and Honey-suckles used what way soever.

But if the part be only contused, without any sensible solution, corroboratives are convenient, mixt with digesters and anodynes; of this kind is Lead beaten with Wormwood, Wormwood heated on a Tile and sprinkled with Vinegar, Bean meal with sweet Wine made into the form of a Cataplasm; also Flower of Wheat, together with Black Wine, pouder of Roses, Wormwood and Oyl of Roses for a Cataplasm.

Arsmart bruised and sprinkled with hot Wine, Fomentations of hot Water, especially Sea-water altered with Wormwood.

Moreover, this Liniment is the best of all to heal all Contusions; which wonderfully also asswageth the pain of the swoln Hemorrhoids, and takes away the pain of the Teeth, being softly rubbed on the Gums.

Take *common Oyl one pound, the Marrow of an Ox leg, yellow Wax, Rosin of the Firr-tree, or Pitch* (vulgarly called *Rosin*,) *of each three ounces, fresh Butter four ounces*: let them all melt at a soft fire, and when the Marrow is melted take them off,

An

An Ulcer is either superficial, or deeper.

That is, either actually so, when the top of the Skin is wanting, as the frettings in Children; or is potential, that by the force of an external cause quickly comes to be so, unless it be hindered, as is Burning, which if it be presently helped there followeth no Ulcer.

A superficial Ulcer is cured with the more mild inducers of a Cicatrize: Burnings are cured with the same when the Bladders are broken.

But you may keep the part unhurt, if you lay on these things that follow, in time; nimely writing Ink, liquid Vernish applyed with a very soft cloth, a whole Egg with Oyl of Roses, or stirred together by it self, Oyl made by decoction of the middle rind of Elders; white of an Egg very well beaten with Vinegar, adding a little raw Allum to it.

These two following Unguents are the most excellent; with the former of which the parts being anointed, you may handle fire without any harm.

Take *the juyce pressed out of the Marsh-mallows, Roots, and all, six ounces, Oyl of Elder four ounces, crude Roch Allum one ounce*: boyl them at a gentle fire to a mean consistence, add *new Wax one ounce and an half*; mingle them.

The second. Take *common Oyl three ounces, new Wax one ounce and an half, yolks of Eggs roasted under the ashes, in number two*: dissolve them and mingle them, till they become like an Unguent, spread it on a Cloth, and renew it twice a day.

Also an Unguent of Ising-glass is much commended, and of Allum *Plumbeum*, mingled with Vinegar in equal quantities.

Also juyce of Marsh-mallows, wrought with the white of an Egg.

A deep Wound must first be filled with flesh, with remedies called Sarcoticks, which do scowre away the thick excrements of the part, and consume the thin; then we must bring it to Cicatrize with Epuloticks, which by their great drying, do not only consume the Excrements, but the Blood also, and do harden the upper superficies of the Ulcer, and do as it were turn it into Skin.

Sarcoticks, or Remedies that fill up the Ulcer, are as large, as there be differences of hollow Ulcers.

For an Ulcer that is very moist, requires Remedies that are very great dryers, so that such Remedies as are convenient to Skin a plain Ulcer, are necessary to fill a hollow Ulcer that is over-moist, but an Ulcer that is very foul requires strong cleansers.

But this is principally to be observed, that Astringents be not mingled with great dryers and scourers, for they will fasten the Excrement to the Ulcer, and so make it more deep and spreading.

There-

Therefore there may be set two degrees of Sarcoticks; the mean, that belong to a soft part, and to an Ulcer that is not over-moist and foul: and the violent, which agree to a dryer part, and are fit for an Ulcer that is very moist and foul.

Moreover, there is no hopes to fill up an Ulcer by the help of Sarcoticks, unless those Impediments be first taken away, which hinder the Regeneration of the substance that was lost, as the flux of any matter, that is peccant in overmuch plenty, or ill quality, the distemper of the Ulcerated part, a Callus bred in the Ulcer, or Rottenness of the Bone, corruption or distemper.

These things take away the Flux, namely such as evacuate; make revulsion, repell, intercept, contemperate, and corroborate the parts affected, by the faultiness whereof the excrements are renewed, of which we spake before in the Remedies of the Causes, and Diseases of the Similary parts.

The distemper of the Ulcerated part, is corrected by contraries, of which we spake also: but in a Gangrene there is so great Humidity of the part and dissolution of the inbred heat, that there is need of an actual or a potential fire; but of the two, the first works quicker, and strengthens the part more.

For a Gangrene in beginning, or where there is danger thereof, as in great blows from great Guns, there is nothing better than the following Balsom, if Lint be dipt into it and laid to the wound, with which also all foul Ulcers, if there be malignity in them, are happily cured.

Take *flowers of Brimstone three ounces, complete Oyl of Roses half a pound, the best red Wine four ounces*: let them infuse for eight dayes at a gentle fire, alwayes stirring it till the Wine be consumed, then strain it, and dissolve therein two ounces of the best Turpentine: mingle them, and keep it for your use.

Also for Ulcers that proceed from thin Choler, as small Blisters, or such as eat not deep, and for an Ulcerate Erisipelas, when the Humidity of the part joyned with Acrimony causeth great trouble in the cure; the following Unguent of Elders profits exceedingly, for with it not only Ulcers of the similary parts, but Burnings of all kinds, and almost all foulness of the Skin are cured.

Take *common Salt and the best red wine of each three ounces, dissolve the Salt in the wine, then add of the middle rind of the Elder half a pound*, infuse them for two hours, then add *complete Oyl of Roses one pound and an half*: boyl all at a gentle fire, till the moisture be almost consumed; then to the residue of the rind add further, *compound Oyl of Roses half a pound, Salt dissolved in wine as before, half an ounce*: boyl them strongly till all the moisture be consumed, that the rind become

dry

dry and crumble; with this Oyl diligently prefſed out, boyl Litharge of Gold prepared and ſifted two ounces, to which being exactly boyled, add the foreſaid Oyl, and let them wax hot, laſt of all put in the following Ingredients pulped through a Hair-ſieve together, namely, *of the beſt Ceruſs one ounce, Lead burnt with Brimſtone and not waſhed ſeven ounces and an half, yellow Wax what is ſufficient to make an unguent.*

A Callus is taken off moſt ſafely with a pair of Nippers, or with actual fire where it may be done; if it cannot, then it may be taken off with corroding Remedies, deſcribed amongſt the means of thickning the Cavity: by the reaſon of this Impediment there do often remain incurable Fiſtulaes, which cannot be cur, nor handled fitly every way by neceſſary medicaments; for theſe the following Balſom is convenient, whereby the deep Fiſtulaes of the Anus and the Teſticles have been often cured.

It is thus eaſily prepared:

Take *Cranes-bill, or Pigeons-foot cut two ounces, root of Flower-de-luce very well waſhed three drams, root of black Hellebore prepared two drams, Wheat corns one handful, bruiſe them groſsly*, and infuſe them for one day in one pound of ſharp red Wine; then add *Oyl of St. Johns-wort and Mirtles of each three ounces*: let them boyl at a gentle fire till the moiſture be conſumed; make expreſſion and ſtrain them, then add *Bitumen and Myrrh of each one dram and an half*; let them ſtand at a ſoft heat till they be perfectly melted: then add *of Roſin of the Larch tree and Firr-tree*, (and if you can get it occidental Balſam) *of each one ounce*: mingle them at an eaſie fire and make a Balſom to be dropt into a Fiſtula, and to be put in with Tents.

To take away ſpungy Fleſh that abounds in an Ulcer, uſe the Remedies deſcribed for a Diſeaſe in conſtipation by Fleſh and a Callus.

Yet to theſe add the following Pouder to make an Eſcar, whereby malignant Ulcers (as malignant Scrophulous matter, and ulcerated Cancers) if they be ſmall and new, are happily cured.

Take the root of great Serpentine, gathered in *June*, and cut in pieces and dryed in the ſhade, and of white Arſenick, of each one ounce, pouder them, and mingle them, and ſet them in the Sun till the beginning of *October*, in a great Bellied Glaſs well ſtopt, and ſhake them often, then keep the Pouder for this uſe: namely, waſh the Ulcer often, and foment it with a wet linnen cloth with Water of water Lillies, or the Decoction of the ſame; the next day after ſtrew on the Pouder, making a defenſative for the ſame parts with ſome Cerate, leſt the Pouder ſpread further than it ſhould; the Eſcar will fall out of its own accord in twelve dayes, and the cure muſt be accompliſhed with the ſtrongeſt Sarcoticks.

The

The Bone that is under the Ulcer being bare, must be corroborated by the strowing on of Pouders, that Flesh may grow upon it.

And these are made of equal parts of the root of Dog-Fennel, round Aristolochia, Flower-de-luce, Myrrh and Frankincense.

And if it have already contracted any Blackness, there is need of an Iron to scrape it off, and of actual fire; then the Pouder must be strewed on.

If the Bone be rotten, it must be taken away by Instruments of Iron and an actual Cautery.

Yet sometimes it falls out by reason of the narrowness of the Ulcer, and the windings in it, that the Bone underneath cannot be touched by Iron Instruments, or Fire, and can hardly be received by the Probe, in which case some sharp and drying Remedy must be poured in for some dayes that the rottenness may be taken away: of this sort easie to prepare, are the decoctions of Aristolochia, Gentian, Wake-Robin, poured upon calcined Tartar shut up in a Bag.

The Spirit of Tartar is more laborious which is chiefly commended for this purpose, if be tempered with some convenient Liquor. The impediments being taken away, the use of Sarcoticks will be afterwards profitable, or of such as fill up the Ulcer, a Catalogue whereof now followeth.

For an Ulcer that is not over-moist and foul, and for a part that is very soft, mean Sarcoticks are convenient; namely Salt and Nitrous Mineral waters, Betony, Gentian root, Mints, Flower-de-luce, Honey-suckles, boyled Honey, the Clot-burr, all kind of Rozins, Scordium, Wheat, Frankincense.

Of Herbs, Decoctions may be made, for washings and infusion; also Unguents may be made suddenly, making Oyl first by Decoction, then adding a quantity of Wax, and if you please some Honey also and Rozin, or Pouders, which are especially provided of Roots and Frankincense.

Also a simple Pouder of Herbs may be strewed upon the Ulcer.

For outward Remedies, add Tobacco and the lesser Centaury.

The form of an outward Unguent may be of this kind.

Take *leaves of Betony one handful, Tobacco half a handful, common Oyl four ounces.* Cut the Herbs and boyl them in Oyl, till all the moisture be consumed; then add common Rozin one ounce, new Wax half an ounce, pouder of the root of Flower-de-luce or Frankincense two drams; mingle them and make an Unguent.

The more forcible, and such as are proper for a sordid Ulcer, and a part that is more hard, these are convenient: round Aristolochia roots, good Henry, *Colus Jovis*, Horehound, raw Honey, Myrrh, root of Dog-Fennel.

In

In outward Remedies, Chimney-soot, Blacking of Pitch, Lime very well washed, dry Pitch, liquid Pitch mingled with Honey, shells of Periwinkles, and the shells of all Sea-fish burnt, and the Ashes of all Sarcotick herbs.

These may be made of divers forms, as in Liniments, Unguents, Pouders, Juyces and Decoctions.

Also the leaves of good Henry, and *Colus Jovis* lightly bruised, and laid on with the back-side, cure all Ulcers that are hard to be cured.

To these also belong Balsam of Brimstone described, which wonderfully fills up hollow Ulcers; *Rulandus* makes an Unguent of it, that is very much commended for all rebellious Ulcers. *As,*

Take *the Balsam of Brimstone three ounces, new Wax half an ounce, Colophonia three drams, Myrrh the weight of them all*: let the Myrrh finely poudered be strewed in by degrees to all the rest when they are melted and well mingled; and let them be boyled at a soft fire, alwayes stirring them with a Spatula, until they are singular well mixt, which commonly falls out in a quarter of an hour; then take it off the fire, and let them cool easily.

Yet the Plaister of *Theophrastus* gives place neither to this Remedy nor to any other, and it is easie to be provided, whereby old, rotten, stinking Ulcers that are very hollow and foul are wonderfully cured, and it may be laid to all hollow Ulcers, if for Ulcers that are troubled with a sharp Defluxion, and very tender, it be tempered with the Unguent of Elder described before for St. Anthonies fire, adding a greater or lesser quantity, as the sense of the part is more quick, and the necessity of regenerating Flesh be more or less.

The Plaister is this:

Take *ten yolks of Eggs, clear Turpentine half a pound*: mingle them with a wooden Spatula to an Oyntment, in the same Vessel they must be boyled, and this will be done in half a quarter of an hour, then add Honey to the weight of them all, stirr them strongly and quickly that they clotter not; then boyl them at an easie coal fire, moving them constantly, then increasing the fire, till they become of a browniish dark colour more like to Black, than Yellow or Reddish.

An Ulcer and a Wound, that is filled up to make an equal superficies with the sound part, is healed with Epuloticks, or such as cause it to Cicatrize, whereof some are milder, and more convenient for soft parts, some are for parts and constitutions that are harder.

The more Violent, should they be made use of in a soft part, they will make a Cicatrice, but so hard and callous that it may hinder the motion of the Joynt.

The Meaner that are more obvious are these; Potters-earth, or white Chalk, Horse-tayl, the flowers of both Pomegranates, Ceruss, Cotton

Cotton burnt, the ashes of Lint, Pennywort, Scuttle-bone, burnt Spunge, slew of a Hare burnt, root of Tormentil, all Medicinal Earth, Litharge, and all cold things that are moderately Astringent; also the cold Air of it self will make a Cicatrice; dry forms work more strongly than the moist do, therefore Pouders applyed with Lint are good.

But to avoid the inequality of a Cicatrice and hardners in a conspicuous part, it sufficeth to use Liniments or Unguents.

The most excellent is the Unguent of Elder already propounded against Herpes or the Wolf.

Other Remedies may suddenly be provided of Ceruss, or Litharge, with a fourth part of Oyl of Roses, or the like, and a little Wax: mingle therewith the Pouders that are more drying, if need require.

The more Violent are all cold Remedies that dry forcibly, propounded elsewhere, to which you may add mineral Waters, of Allum and Gip, such as is that of *Padus*, of the Mountain of the Calx of Antimony very well washed, common Lime well washed, the Calx of Vitriol, Gip, the filings of Iron often sprinkled with Rose-water, or Plantane, or the like, and dryed that it may be powdered; the scales and dross of Iron washed, Lead burnt alone and washed, the shells of any Creatures burnt and washed, all which (except Iron and other Astringents propounded) are applyed outwardly either in the form of a Pouder, or mingled with other more mild Unguents. Hot Baths serve for bathings and to sit in.

And these are most of them Medicaments that are easie to provide, with which, in any part of the World, and without the help of Apothecaries, any kind of Disease may be cured.

The way, where there is need, to mingle these things readily without great provision of Instruments, is not dark to be understood; and collected out of what hath been said, and is scattered here and there through the whole Book.

HEALTH

HEALTH
FOR THE
RICH and POOR,
BY
DIET, without PHYSICK.

CHAP. I.

What is meant by a Sober Life.

1.

BY a Sober Life, I intend such an exact quantity of Meat and Drink, as the Constitution of the Body allows of, in reference to the services of the Mind.

2.

I add [in reference to the Services of the Mind] because such as lead a studious Life, ought not to eat so much, as such as lead a laborious Life, their digestion being not so good, therefore their Meat ought to be less in quantity, and light of digestion.

3.

This exact proportion being found out both according to quantity and quality, is to be kept in a constant measure.

4.

Although the matter of this Sober Life, or Diet, be mainly conversant about Meat and Drink; yet it forbids Excess in all the other things, called, not Natural.

5.

This Measure in respect of Quantity, is not the same to all sorts of People, but very different, and that two wayes:

1. In divers People. 2. In divers Ages.

6.

In divers people it is different, according to the diversities of Complexions.

7.

It must be varied in one and the same man two wayes,

1. According to Age. 2. According to Strength.

8.

For Youth and Age require a different quantity; and so do such as are sick, and such as are in health.

9.

One Quantity is not convenient for Bodies of contrary Complexions; for that which is too much for a Flegmatick man, is not sufficient for one that is Cholerick; and the Reason is, because the temper of the Stomach is different in all these cases. Now then to come a little closer home to the point.

10.

The measure of Food ought to be (as much as possibly may be) exactly proportionable to the quality and condition of the Stomach, because it is the office of the Stomach to digest it.

11.

And that quantity is exactly proportionable to the Stomach, which the Stomach is able perfectly to concoct and digest, and withall sufficeth the due nourishment of the Body differently, according to the employment either of Body or Mind.

12.

Hence then it appears, That a greater quantity of some Meats is to be taken, than of other-some, and that with regard to the person eating them also: for some meats are more appropriate to one Stomach, than to another; and some Meats are lighter of digestion than others are.

13.

In such as exercise bodily Labours, the Faculties of the Body are chiefly exercised, and a greater measure is requisite for them, than for such as only live studious lives, and exercise the faculties of the Mind only.

14.

The Reason is clear as the Sun; for the exercises and employments of the Mind hinder Concoction, because they call up the whole power of the Spirits to succor the Brain and Understanding.

15.

If Reason will not serve the turn, let us see what Experience will do. A man that is intent upon his study, regards neither what he sees nor hears, no, not what his dearest Friends say to him; but answers either not at all, or not to the purpose.

16. Ther-

16.

Therefore a little Food serves the turn of such a Study, far less than for such a one as applies himself to bodily exercises, through equality of Age and Temper, might otherwise happily require equality of Diet.

17.

The Difficulty then lies, in finding out this exact Measure; and the ground of this Difficulty lies in Pleasure, which knows not the bounds of Necessity; for Lust knows not where Necessity ends.

18.

I shall conclude this Chapter with this Aphorism: He that desires a long Life, a healthful Body, a vigorous Mind, and to be acquainted with the wonderfull Works of God in the Creation of the World; let him labour in the first place, to bring his Appetite into subjection to reason.

CHAP. II.

Rules to find out the fit measure of Meat and Drink.

RULE I.

1.

IF thou takest so much Food at Meals as makes thee unfit for Study, and other Duties of the Mind, it is evident thou exceedest the due measure thou oughtest in Reason to keep.

2.

For both Nature and Reason teach, That the Vegetable part of Man, which is that part upon which growth and conservation consists, should be so ordered, that it should give no offence, nor bring any damage to the Animal, and Reasonable part; for the one is ordained for the service, not the destruction of the other.

3.

Now this is clear, That all the offence that proceeds to the Brain (by way of Food I mean) ariseth from the abundance of Vapors that are sent up to the head; which either would not be at all, or else be pure, and not crude, if excess in Diet were avoided.

4.

Neither are those Vapours only, and immediately sent up from the Stomach, which if that were all, it were bad enough; but also from the Liver and Spleen, which being over-cloyed in Concoction send up abundance of fuliginous sooty Vapours to the Head.

5.

On the contrary (for Philosophers know that Contraries best dis-

cover one another) a sober Diet doth by little and little, diminish these Vapours, and in short time reduceth them to their due proportion, both in quantity and quality.

6.

For when Nature is not burdened, she governs the Body perfectly, and so wisely orders and dispenseth all things, that neither Diseases arise in the Body, nor Impediments in the Mind.

RULE II.

1.

If thou find a dulness, heaviness, and weariness after meat, it is a sign thou hast exceeded the due measure.

2.

For Meat and Drink ought to refresh the Body, and make it more cheerful, and not to dull and oppress it.

3.

If then thou findest these ill Symptomes, consider diligently whether it come through super-abundance of Meat or Drink, or both, and substract accordingly: and do this by degrees also, till by little and little thou findest no longer any such inconveniences.

4.

For these Symptomes proceed not from defect of Nourishment, as many fools think; but from abundance of ill Humors.

5.

Videtur quod sic. Ill Humors stop the Muscles and Nerves, by which the Spirits have their passage; so the Animal Spirits cannot govern and order the Body as they would, and ought to do: Hence comes the Body to be dull and lumpish, because the Spirits are intercepted in their passage by the excess of ill Humors.

RULE III.

1.

We must not pass immediately from a disordered kind of life, to a strict and precise life; but substract from the excess by little and little.

2.

Videtur quod sic. All sudden changes bring prejudice to Nature, though they be from bad to good; because Custom hath got strong possession over Nature, and must be outed by degrees.

3.

For as ill Custom came on step by step, so must it be left off step by step, that being not perceived in the progress, it may not be difficult in the performance.

RULE IV.

1.

Touching the Quality of the Food, there is no great care to be ha

so that the Body be of a healthful Constitution, and find the Meat he eats do him no harm.

2.

For almost all sorts of Meats agree with healthful Constitutions, if the right Quantity be kept,

3.

All sorts of Foods must be avoided, whereby the Eater doth afterwards find prejudice, though they please his Taste never so much.

4.

It is best for Students to use a good quantity of Bread with their Meat, for the damage it brings may thereby in a great part be avoided; and indeed to have a great care of all Meats which they find to offend; for such cause Crudities, and by Crudities, cloudiness and dizziness of the Brain, Catarrhs, and distillations on the Lungs; Wind, Gripings, Gnawings, and Frettings of the Guts: And what a mad thing is it to buy these vile and fading pleasures of Gluttony, at the rate of so many, so great Inconveniences; and to please a liquorish appetite, enter into such a thraldom with Gluttony, as spoils both Spirit, Soul, and Body.

5.

Only take this Caution: When I say, Students ought carefully to avoid all Meats that offend, I do not intend, but that they may now and then eat a little of any Meats they desire; for oftentimes that which offends Nature, being taken in large quantities, benefits Nature, being taken in less proportions,

6.

Also take notice, That after this Diet is exactly obtained, Appetite will be so subservient to reason that it will require nothing but what Nature hath need of; it will desire as Nature desires.

7.

For ancient People, *Panada* made with Bread and Flesh Broth, is most singular Food, and very light of Digestion; and now and then an Egg would not do amiss, and that for these Reasons.

1. They do not easily putrifie in the Stomach.
2. They breed very good blood.

RULE V.

1.

Beware of variety of Meats, and such as are curiously and daintily dressed.

2.

Because they prolong the Appetite beyond the satisfaction of hunger and thirst, so that three or four times as much as would suffice Nature, is thrust in by liquorishness.

3.

Different Meats have different Natures, and several tempers, sometimes contrary; some are sooner digested, some later; whence ensue wonderful Crudities to the Stomach, nay, the whole Digestion is deprived.

RULE VI.

1.

Keep as much as may be from the the view of dainty Feasts and Banquets.

2.

The difficulty of keeping a just measure in Diet, proceeds from Appetite, and Appetite proceeds from Apprehension of the Fancy, which conceives Meats to be delightful and pleasant; which Fancy is stirred up by their sight and smell: The presence of every Object doth move the Fancy to what pertaineth to it self; so vain a thing is Man.

3.

It is far more difficult to restrain the Appetite from good cheer when it is present, than from the desire of it when it is away. The like may be seen in the Objects of all the other Senses.

RULE VII.

1.

Imagine the things whereunto Gluttony allures us, not to be as outwardly they appear, *viz.* Good, pleasant, savory, and delightful; but Filthy, sordid, evil savored, and detestable, as indeed a little time after they will appear.

2.

All things when they are resolved into their Principles, shew themselves in their colours, what indeed they are, which before lay disguised under a gallant veyl.

3.

The more any thing is delectable to Gluttony, the more abominable it proves, when 'tis concocted, and yields the more noisom smell, and this is the reason why such as fare hard, and work hard, have sweeter and pleasanter bodies than such as live idly, and fare deliciously, the perfume of their Garments excepted.

CHAP. III.

Certain Objections Answered.

Object. 1.

WHether this Measure and stint being once found out, ought to be altered, or not?

Answ. 1.

Answ. 1.

Winter requires something a larger quantity of Meat than Summer.

2.

Hot and dry Meats agree best with Winter, and cold and moist with Summer.

3.

All this requires no such great scrupulosity; for 'tis an easie matter in Summer, to substract a little from your Meat, & add to your Drink; and in Winter to substract from your Drink, and add to your Meat.

4.

Besides: If such extraordinary curiosity were required, a man must alter his Diet, according as the Air alters in driness and moisture, which such as please may.

Object. 2.

Whether the dayly Measure ought to be taken at once, or more times?

Answ. 1.

The Antients, who lived in hot Countries, took it all together, and that about three of the clock in the afternoon.

2.

Weak persons, and aged people, had better take it twice; because small quantites suit best with weak digestions.

3.

Custom and Complexion must be heeded in this particular.

Object. 3.

This Stint, or set Measure, hath been condemned by many excellent Physicians.

Answ. 1.

Perhaps because it made the less work for them.

2.

It may be they quarrel only at the strictness of the Diet; which if that be all, we confess a man may casually sometimes exceed: when he hath so, it's but fasting the next Meal, and all will be well again, provided it be not constant: What a piece of matter is it, when one hath taken too much at Dinner, to forbear eating any Supper? or if too much at Supper, to avoid Dinner next day.

3.

We intend not such a small quantity as is insufficient to maintain Nature; but such as is most convenient and agreeable to the Stomach, and best conducing to health; and if this displease the Physicians, I shall not seek to please them.

CHAP. IV.

A Temperate Diet frees from Diſeaſes.

1.

IT prevents Crudities, which is the Mother of Diſeaſes.

2.

It ſo tempers the Humors (if there be ſuch things in the Body of a healthful Man) and maintains them in equal proportion, that they offend not in quantity, nor quality.

3.

Where there is an agreeable proportionableneſs amongſt thoſe things which are commonly called Humors, there is no matter for a ſickneſs to work upon; for the ground of Health lies in this, That the Humors be rightly and proportionably tempered in the Body.

4.

Experience teacheth, That ſuch as keep a ſober Diet are very ſeldom, or never moleſted with Diſeaſes; and if at any time they are ſurprized with a ſickneſs, they bear it better, and recover it ſooner than ſuch whoſe Bodies are as full of ill Humors, as an Egg is full of Meat.

5.

The Reaſon is, Becauſe all Diſeaſes have their original from Repletion, *viz.* Taking more Meat and Drink than Nature requires, or the Stomach can well concoct.

6.

Excellently then ſaid the Wiſe man, *Eccleſ.* 37. *Many have periſhed by Surfets, but he that is temperate, ſhall prolong his life*; and a little before, *Be not greedy upon every dainty, and pour not thy ſelf upon every meat, for in many meats there will be ſickneſs.* Now a ſober Diet prevents Crudities, and by conſequence takes away the root of Diſeaſes.

7.

That which we call Crudities, is the imperfect concoction of Food.

8.

When the Stomach, either through the over-great quantity of Meats, or of their malignant quality, or of the variety of them taken at one time, or not a due ſpace taken between Meals, that the firſt may be concocted, ere you take in more: the Chyle made of ſuch Meats muſt needs be crude, which cauſeth many Inconveniences; as,

1. It fills the Brain with Cholerick and Flegmatick excrements.
2. It breeds Obſtructions.
3. It corrups the temper of the whole Body.
4. It fills the Veins with putrified Humors.

9. If

9.

If the Stomach make a corruption instead of a concoction, the Liver cannot turn that bad Chyle into good Blood; for the second concoction cannot amend the faults committed in the first; nor the third, those in the second.

10.

Then from corrupted Blood, must needs proceed corrupted Flesh; but by little and little it putrifies, and breeds, first, Diseases; secondly, Death.

11.

Now then, a sober Diet causeth a good Chyle, such a one as is agreeable to Nature; from good Chyle, good Blood is bred; and from good Blood, proceedeth good Nourishment, and a good temper throughout the whole Body.

12.

Neither is this all the benefit of a sober Diet, (which if it were, it were worth the embracing) but also it consumeth the superfluous Humors that are already in the Body; and that more safely, more effectually, than bodily exercise doth, or can do.

13.

For Exercise confusedly stirs the Body, and that many times with much perturbation of the Humors, with much heat and hazard of sickness, with much pain and grief; but Abstinence doth with ease and equality make a general Evacuation.

14.

For it extenuates what is over-thickened, opens what is closed, consumes what is superfluous, opens the passages of the Spirits, and makes the Spirits cleer, and that without disturbance of the Humors, without fluxes and pain, without heating the Body, and hazard of Diseases, without expence of time, or neglect of other Employments.

15.

We deny not but Exercise may, nay, ought to be used in due time, and in due measure, a quarter of an hour before Meals, or so, to swing a weight, or swing your Arms about with a small weight in each hand, to leap, or the like; for this stirs the Muscles of the Breast.

CHAP. V.

A temperate Diet arms the Body against external Accidents.

1.

THose that have their Bodies free, and untainted, and the Humors well concocted, are not so easily hurt by heat, cold, or labour, and other

other the like inconveniences; as those whose Bodies are full of ill Humors.

2.

If at any time they are thereby prejudiced, they are much sooner, and as much easier cured.

3.

Also in Wounds, Dislocations and Bruises, they are soon cured, because there are no ill Humors to flow to the place afflicted.

4.

For in all such cases, 'tis the flux of Humors that causeth pain, corruption and inflammation, *&c.* which are the things that hinder cure.

CHAP. VI.

A temperate Diet resists Epidemical Diseases.

1.

ALL Epidemical Diseases, as such as are real Physicians know, proceed from the Air corrupted by Planetary influence.

2.

The evil of the influence of the Planets, lies not in the Planets, but in our own Bodies, if there be no tinder there, you may knock the Flint and Steel together, till your Heart akes, before you can get the fire to take.

3.

If then your Bodies be kept cleer from corruption, by a temperate Diet, there is nothing for the Disease to work upon.

CHAP. VII.

A sober Diet makes mens Bodies fit for any Employment.

1.

IT makes the Body lightsome, fresh and expedite to all the motions thereunto appertaining.

2.

For, heavinesse, dulnesse, and the like oppressions of Nature, proceed from ill Humors, and ill Humors from ill Diet, whereby the Joynts and Ventricles of the Body are filled full of superfluous moisture.

3.

Also that a sober Diet cheers, and cleers the Mind, is perspicuous; for ill diet causeth ill Humors, ill Humors stop the passages of the Spirits, which a sober Diet in a small time Remedies.

4. Hence

4.

Hence it is cleer, that in him that keeps a sober Diet, the Concoction is perfect, good Blood bred; and of good Blood, good Spirits, free, lightsome and cleer: so that both agility of Body and vigor of mind is thereby acquired.

CHAP. VIII.

A sober Diet makes Men live long.

1.

A Sober Diet, not only brings health of Body, and vigor of mind, both which are very desireable things, worth more than pence a piece; but also it gives long life to them that follow it, and glorifie God by it.

2.

Infinite examples might be brought of this, I shall only quote one, which is *Galen*, who by keeping an orderly Diet, lived one hundred and twenty years, which in that hot Countrey, where he lived, was as great a wonder, as if he had lived two hundred years here.

3.

As for the Influences of the Planets and their *Aspects*, they may go Shake their Ears; this life is something above their Influence, for their Influence is only upon the sensual part of man: but this life is rational and far above the pitch of Sensuality.

4.

We might cleer this a little further thus: We all know that there is a starry part within our Bodies, as well as without, which mixing evil influence with that without, causeth Diseases; so that if the internal, celestial part were kept pure, there could be no more mixture with any external (*quoad nos*) evil Influence, than is between Oyl and Water.

5.

This is the reason, such of old that led sober lives, were vertuous men and lived long; as *Socrates*, *Hypocrates*, *Paulus Æmilius*, *Augustus Cæsar*, &c. But such as were haters of a sober life, were sworn enemies to vertue, as *Caligula*, *Heliogabalus*, *Geta*, *Vitellius*, &c.

6.

If any question a Celestial motion within us, answerable to the motion of the Heavens let him but consider, that man is an exact Epitome of the Creation, and he is answered.

7.

Thus you see, a sober life mitigates evil influences of the Planets; and

and if so, then by the very same rules, it as much increaseth the good; and this is a terrestrial Paradise to him that useth it, far exceeding *Parkinson*'s Garden of delight.

8.

Lastly, That this long life comes by the power of nature in a natural way, and not by any supernatural gift of God is cleer; because the *Turkish* Priests who stick close to temperance live very long.

9.

I have a Caution or two, to give, and an Objection to answer, before I conclude this Chapter.

10.

Capital Offenders, Murtherers and the like although they keep never so exact a Diet, seldom live long, because vengeance prosecuteth them, yet die they not by Corruption of Body, but outward Violence.

11.

People extremely addicted to Lust, are seldom long-lived, because nothing so exhausteth the Spirits, and best Juyce of the Body, as Lust doth, nor more weakens and overthrows Nature; yet this as we shall shew hereafter is much mitigated by a sober Diet.

12.

But some will say, there are in the world which live to extreme Old Age, yet keep no such Diet, but stuff themselves every day to the full with meat and drink. To this I answer:

13.

1. This is rare: most Gluttons die before their time. And one Swallow makes not a Summer.

14

2. If Irregular eaters and drinkers would observe a moderation, they would questionless live much longer and in better health.

15.

3. Their Mind suffers for it, though their Bodies do not, the whole force of Nature is, and must needs be Enthralled to the concoction and digestion of meats, from which, if it be drawn to the duty of contemplation, they either make but woodden work at that, or else their digestion fails them, and then Crudities of necessity follow.

16.

Their Heads by ill Diet, are full fraught with Vapours, which cloud the mind, so that if they exercise their thoughts much, about any deep study, it causeth pain and grief, so that although they do live long in body, they live but little in understanding. And what is this more than to make thy Soul a slave to the Flesh, a Servant to his Vassal.

17.

Consider how ill such a life suits with Nature, much less with Christi-

Christianity, whose happiness consists in mortifying the Senses, and exercising the Mind which is the better part of Man.

18.

They that are of weakly Constitutions, if they live temperately are more secure touching health and prolonging of their lives, than those of the strongest Constitutions are or can be, if they live intemperately.

19.

For the former have no ill moisture in their Bodies, or at least, not in such quantity as to breed Diseases, but the later in some few years, must of necessity have their Bodies cloyed with ill Humors; which by little and little putrifying, do sooner or later break out into great and dangerous Diseases.

20.

I shall add but two Aphorisms from *Galen*, & so conclude this Chap.

They (saith he) who are weakly complexioned from their Mothers Womb, may by the help of that Art, which prescribes the course of Diet, attain to extreme Old Age, and that without diminution of Senses, or Sickness of Body.

21.

The last he quotes of himself.

As for my part (saith he) though I never had a healthful constitution of Body from my very Birth, yet by using a good Diet after the twenty eighth year of my Age, I never fell into the least Sickness, unless now and then, into an one-day Feaver, taken by over-much weariness,

CHAP. IX.

A sober Diet makes men die without Pain.

1.

LET it not seem a miracle, that Spirit and Body should part friends and without pain or grief, for it may by a sober life be brought to pass: which is our task in this Chapter to prove.

2.

For in such, the bond that unites them is unlooſed, not by any Violence used to Nature, but by a Simple resolution, and Consumption of Radical moisture.

3.

For as a burning Lamp may three wayes be extinguished.

1. By outward Violence, when it is blown out, or the like.
2. By pouring in so much Water, whereby the Oyl is drowned.
3. When the Oyl it self is spent and consumed.

Even

Even so Mans life, which in this particular, much resembles a Lamp, is three wayes extinguished.

1. By external Violence, as the Sword, Bullet, Gallows or the like.
2. By abundance of ill Humors, whereby Radical moisture is first, Oppressed; secondly, Overthrown.
3. When the Radical Humors by long space of time are quite consumed.

4.

In the first and second kinds of these deaths, there is much disturbance of Nature, and so by consequence much grief and pain must needs ensue; in regard, Radical moisture which is the bond of Nature, is Violently assaulted and over-thrown.

5.

In the third, must needs be very little pain or none at all, in regard the bond of life is quite wasted and dissolved by little and little: for as Radical moisture wasteth by little and little, so natural heat abateth in like manner, and the moisture being spent, the heat is extinguished as we see in Lamps.

6.

Now then to the purpose: By a temperate Diet, evil Humors are prevented, neither is Radical moisture over-pressed, but Man lives till Radical moisture and Natural heat be both by tract of time insensibly consumed, and Mans will to live, dies when his Spirit departs.

CHAP. X.

A sober Diet maintains the Senses in Vigour.

1.

HAving shewed what benefits it brings to the Body, let us now rise a little higher, and shew some advantages it brings to the Mind.

2.

It administreth Soundness and Vigour to the outward senses.
An Example would not do amiss.

3.

The Sight in antient Men is chiefly clouded, because the Optick Nerves are clouded with superfluous Humors and Vapors, whereby the Animal Spirits, which are subservient to the sight, are either darkned or choaked in their progress.

4.

This impediment is taken away by Sobriety in Diet, and avoiding such things as fill the Head with fumes, strong Wines, thick Beer, &c.

5.

The like we may say of Hearing, by gross Vapors that fall down to the *Tympanum*, or else fill the Nerve that is subservient to hearing, which

which is remedied by the same means, the former is especially, if some Topical Remedies also be used, of which I commend a little Black Wool dipped in *Aqua vitæ* and wrung out hard, and the Ear stopped with it.

6.

But I shall make this chiefly appear in the sense of Tasting, which is chiefly afflicted by ill Humors; for if Cholerick or Salt Humors possess the Palate, (whether they proceed from the Head or Stomach it matters not) all things tast bitter or salt, then it is ill Humors afflict the sense, and may (as we have abundantly already proved) be remedied by a sober Diet.

7.

Also that a sober Diet mends the Tast exceedingly, is thus proved, ordinary food, yea dry Bread it self hath a better taste when real hunger calls for it, than the daintiest fare that can be imagined hath, when Gluttony calls for it.

8.

For it is evil Juyces that afflict the organ of the Tast, that breed loathsomness of good and wholesom Food, which being taken away, then the Appetite is as it should be, and not till then.

9.

We will grant, Old Age may abate the Vigor of the Senses, especially of the Eyes and Ears, as Radical moisture is by little and little consumed, but no otherwise, if the Diet be temperate.

CHAP. XI.

A sober Diet mitigates the Violence of Passions and Affections.

1.

IT is a shameful thing for a Man to be angry at the wagging of a Straw, to be a slave to Melancholy cares and fears, to make a God of ones Belly, and a trade of Concupiscence.

2.

Neither is it only shameful (though one would think that were motive enough to make one leave it) but it is also,

1. An enemy to Vertue.
2. Contrary to Health.
3. Opprobrious to good Men.

3.

A sober Diet with much ease remedies all those mischiefs, partly by correcting, and partly by substracting the Humors that cause them; and that evil humors in the Body cause them, we shall easily prove.

5. Such

4.

Such as are full of Cholerick Humors, are alwayes angry and rash; those that are full of Melancholy Humors, are sad, pensive, full of griefs and fears; and if these Humors putrifie in the Brain, there follows frenzies and madness, therefore the fault lies in the Humors.

5.

The affection of the Mind follows the apprehension of the Fancy; the apprehension of the Fancy is conformable to the disposition of the Body, and the predominant Humors therein; and although Dr. *Primrose* himself could scarce carp at such an Aphorism as this is, yet we will for Illustration sake, cleer it in the next. Therefore consider,

6.

1. Cholerick men dream of Fire, Burning, Fighting, Killing, *&c.*
2. Melancholy men dream of Darkness, Fear, Funerals, evil Spirits; what-ever they dream of, be sure Fear is at one end.
3. Flegmatick men dream of Rains, great Waters, Drownings, Shipwracks, *&c.*
4. Sanguine men dream of Flying, Banqueting, Songs, and Love-matters.

7.

Dreams are nothing but the apprehensions of the Fancy, when the Senses are asleep, so that it follows; that in waking, as well as sleeping, the Fancy apprehends things according to the predominant Humors, till it be corrected or otherwise directed by Reason.

8.

You see then, that the excess of evil Humors perverts the natural condition and apprehension of the Fancy, we shall shew you in a word or two, how it doth it.

9.

Choler in-as-much as it is extreme bitter, and therefore contrary to Nature, causeth other mens words or deeds to seem to proceed from bitterness of Spirit against him; as though whatsoever was said or done, was intended against him with despite and injury.

10.

Because Choler is fiery and impetuous, it makes the Apprehension swift and violent, and drives a Man to a speedy revenge of the evil, which he doth but suppose was done against him.

11.

The Melancholy Humor is heavy, cold and dry, lumpish and sowre, and alwayes (it abounding) obnoxious to the Heart: now by reason of its coldness and heavines, it cannot incite a Man to the repulse of evil, as Choler doth, which is light and active, but possesseth a man with fear and care, and desire of revenge.

12.

It were in vain to speak of the other Complexions; a Man of any Brain

Brain may see it true in them also, let us see a little the evils they do to Men, and how they pervert the mind from vertue.

13.

Choler abounding makes Men angry, rash, hasty, bold, quarrelsom, peevish, swearers, cursers, brawlers; hence comes fighting, killing, wounding one another, &c. For drunken frayes come from the fury of Choler inflamed and set on fire by the Wine.

14.

Melancholy makes Men sad, faint-hearted, solitary, fearful, subject to despair, and madness, if it possess the Brain, and sends up such filthy Vapours from the Hypochondria to the Brain, that it unfits a Man for any business.

15.

Flegm makes Men slow, sleepy, fearful, forgetful, unfit for any matter of consequence: for though this Humor be not so hurtful to the Body as Choler and Melancholy; yet is it more hurtful to the mind; for it dulls the vigor of the Spirits, by its moisture, cloying the Brain and stopping their passages.

16.

Now a sober Diet doth in great part remedy all these evils, abating them by little and little; Nature either consuming them within, or driving them out by degrees; especially if she be helped a little by some proper Medicine.

17.

Besides all this, the whole temper of the Body is much corrected, there being a supply of pure and well tempered Blood without any crudities, or superfluous Humors, so that such as keep a sober Diet are calm, affable, courteous, cheerful, and moderate in all things; for the benign nourishment, which Nature works upon, causeth benign affections throughout the whole Body.

18.

Besides all this, evil Humors do not only stir up passions and set them a-work, but also themselves are set on fire and strengthened by the passions, and being thus kindled they add new strength to the passions and increase them: for Example,

19.

A Cholerick Man when he is angry, at a supposed injury, his anger so inflames the Humor, and the Humors so encreaseth the anger that he will not suffer a friend to speak to him, though he love him never so dearly.

20.

And in Sighing, which by depression of the Heart, emptieth it self of vital spirits, and hastens Consumption, the more a man sigheth, the more he desires to sigh.

CHAP. XII.

A sober Diet preserveth the Memory.

1.

THere is scarce any thing more desirable to a Student than a good Memory.

2.

Memory is most commonly impeached by a cold Humor possessing the Brain, stopping the narrow passages of the Spirits, benumming the Spirits themselves, whereby they become slow, weak and inconstant, and oftentimes fail a Man in the middest of his discourse; so that he knows not, what he said last, nor what he intended to say, but is fain to ask the standers by what the matter treated about was.

3.

This is caused three wayes.

1. Because the animal Spirit, which the Fansie makes use of in remembring actions, is suddenly intercepted in her course by some Flegmatick Humor, by which interception, apprehension ceaseth, and consequently all remembrance.
2. In that the apprehension was feeble and without reflexion, by reason of the poorness and unaptness of the Spirits; now apprehension without reflexion cannot make any print for Remembrance; for all Remembrance is immediately conversant about our own actions, and but mediately about discourse.
3. From the unaptness of the Spirits: for though there be a print or foot-step of what was said or done, left, sufficient on its own part; yet are the Spirits so poor or impure, or hot, that we cannot make use of them to find it out.

4.

Now this great and apparent evil is wonderfully both prevented before it come, and cured when it is come, by a sober and temperate Diet.

5.

Let such as are so troubled, avoid excess of hot drinks and Wines which send up unwholsom Vapors to the Brain, or if the coldness of their Stomachs require them, let them drink them in small quantities and presently after meals.

6.

For although the Wine it self be hot, yet it breeds cold Diseases, *viz.* Distillations on the Lungs, Coughs, Apoplexies, Palsies, *&c.* And the reason is, because it fills the Head with Vapors which the Brain cools and congeals into cold Flegm, which is the cause of these evils.

7. Let

7.

Let such, as much as may be, keep themselves to a dry Diet, and avoid moist meats, for so moist Humors will not be bred, or being bred, will in short time be consumed, and the passages of the Spirits made free, and the Brain reduced to its natural temper.

CHAP. XIII.

A sober Diet helps the Understanding.

1.

O Yes! Every one that delights in Vigor of wit, in studying, reasoning, finding out, and judging of things, as also to lead such a Life, as he may be fit for communication with holy Angels, let him read diligently this Chapter.

2.

Would you be watchful, provident, circumspect, of a good forecast, of a sound judgement, able to give good counsel, able to comprehend any study, to grow excellent in what you undertake; come hither, this is the way.

3.

By this means the holy men of Old came to be familiar with God, were adorned with the gifts of Prophesie and wrought Miracles, and became admirable to the World.

4.

For by a sober Diet, cleansing their Bodies from impurities, and having alwayes their minds lifted up to God, admiring him in his works, God vouchsafed to come down to them, illuminating them wonderfully according to *Psal.* 34. *They had an Eye unto him and were enlightened.*

5.

Such it is that God makes partakers of his secrets, and instruments of his marvellous works, to the Sons of Men, that so the World may know, how acceptable such a kind of life is to GOD.

6.

Let me not be mistaken, I do not say a sober Diet causeth these wonderful revelations of God to the sons of men, but this I say, and am able to prove it when I have done, It removeth the impediments that hinder.

7.

For a spiritual progress depends much upon the use of the Understanding, we cannot love any good thing nor profit in the love of it, nor hate any evil thing nor encrease in the hatred of it, unless it be proposed to be good or evil by the Understanding, that so it may move the affections, so that corruption of the Understanding is many times

the reason why men call good evil, and evil good, at all times the reason of mistaking an apparent good for a real.

8.

By all which it appears, that those things which hinder the functions of the mind or obscure them, or make them difficult and irksom, are, The things which in deed and truth debarrs us, not only from attaining any great perfection in all natural Arts, but also from spiritualizing those we have.

9.

All these which we have already often shewed before, proceed from natural afflictions of the Brain, and may be remedied by a set and sober Diet.

10.

Neither doth a sober Diet only take away the impediments of speculation, but also administers very many necessary helps to it, *viz.*

1. Good Blood.
2. Pure and well tempered Spirits.
3. An equal and well tempered Brain.

11.

Then consider, the benefits this sober Diet brings to a man, are so great and of so great and so high a nature, that I am not able to conceive them in my mind, much less to express them by writing. I must be contented at present to give you only a glimpse of them.

1. Even in old Age the mind is cheery, expedite and vigorous in all the employments thereof.
2. By long experience of a fore-past Age, the vanity of the World the more appears, and by appearing, becomes the more contemptible.
3. Heavenly matters relish better, when earthly are despised.
4. Eternity which hangs over our Heads, is alwayes before our Eyes, and calls upon us to make preparation for it.
5. We reap the sweet fruit of all the good we have gotten from our youth up till that time.
6. Divine meditations are pleasant, because affections and perturbations of the mind are calmed.
7. Their minds are fit to receive divine inspirations and revelations, and alwayes so fit.

12.

A long life is little worth and of small advantage, if it be spent in the service of the World, such as live like Beasts in this World, when they are dead, their names shall be written in the Earth.

CHAP.

CHAP. XIV.

A sober Diet allayeth the heat of Lust.

1.

LUst is the Mother of sin, the Devil the Father, and Mans heart the Womb, in which it is conceived.

2.

A man may easily perceive in himself a lust to sin, before it break forth into act; and I once thought it the highest pitch of Christianity, or at least the greatest strength of a Christian in this World, to anticipate between the Lust to the act and the acting of the thing thirsted after.

3.

But now the Eyes of my Understanding growing purer, I see the lusting after sin may be much quelled, though not quite allayed, so long as we carry this Body of sin about us.

4.

That this may be methodically shewed, I shall instance in one Lust, which is not a little destructive to Nature, and leave that as an Example for all the rest; it is Concupiscence.

5.

A sober Diet much allayes the temptations of the Flesh, and brings much tranquillity both to Flesh and Spirit.

Sine Cerere & Libero friget Venus.
Stuff not your Guts with Flesh and Wine,
And lustful *Venus* soon will pine.

6.

Sobriety takes away not only the matter it self, but also the impulsive and exciting causes to Venery.

7.

The matter of Lust is the abundance of Seed.
The impulsive cause, is the store of animal Spirits, whereby the Seed is expelled.
The exciting cause is the imagination of lustful matters.

8.

This Imagination first stirs up the Concupiscence, and that straightwayes stirs up the Spirits to expulsion, which presently accompl sh the thing, except the Will restrain it; under this combate do those chiefly lie, who are in the flower of their Age, and strength of Nature; though sometimes the Proverb be true, *Old Rats love Cheese.*

9. Now

9.

Now a ſober Diet doth ſubſtract both from the matter and from the impulſive cauſe, for it maketh an abatement by degrees both of the quantity and heat of the Seed, and diminiſheth the ſtore and fieryneſs of the Spirits, and when the Seed and Spirits are abated, and tempered; luſtful imaginations ceaſe of their own accord, or if they do riſe, they are eaſily quelled.

10.

It is in vain to object to me what luſtful thoughts either to this or any other ſin the Devil may caſt into the Heart, for if there be no corruption in the Body anſwerable to his temptation, he had as good be quiet and keep his breath to cool his pottage.

11.

As for Luſtful imaginations, they ſpring from the Mind by a kind of ſympathie which it hath with the diſpoſition of the Body, by reaſon of the predominant Humors therein contained, as we have at large ſhewed before.

12.

For proof of this, if ſo cleer a thing need proof, that ſuch as have followed Sobriety, have for the moſt part been freed from ſuch Imaginations, or Temptations, let none go about to diſprove it without a years Experience.

13.

If there be not ſtore of theſe Cauſes laid up before-hand in the Body, Sobriety eaſily preventeth their growth, becauſe he eats and drinks no more than Nature requires to ſuſtain the Body, and to be ſure ſhe will look to that in the firſt place.

14.

The way then to meaſure the Quantity aright is to meaſure it by Reaſon, not by Appetite, for Appetite is deceitful, and I ſhall tell you why.

15.

Appetite doth not only deſire thoſe things which are fit for the conſervation of the Body, but alſo for procreation, and is ſo intent upon it that it deſires more than is fit for that alſo.

16.

But Reaſon tells you, that ſo much the more as you are incited to Venery, ſo much the more you ſubſtract from your meat and drink; for Seed is bred of that ſuperfluity of nouriſhment, which is more than is ſufficient for the ſuſtentation of the Body; ſo then you may if you pleaſe have juſt ſo much Seed in your Body as it requires, and you have occaſion to expend, and neither more nor leſs, by keeping a Diet accordingly.

17.

Yet once more let me acquaint you with this truth: much expence of

of Seed, causeth much exhausting of the Spirits; and therefore of necessity dulls the mind much.

18.

Another Reason and as good to, why Appetite is always deceitful, unless when it is subservient to Reason, is this; because it is many times caused through ill disposition of the Stomach, as when it is afflicted by Choler or Melancholy.

19.

Abstinence plucks up the Cause of all these by the Roots, and by degrees reduceth the Natural heat to a Mediocrity; a happy Remedy for all such as are vexed with Lust or lustful thoughts.

FINIS.

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